

Thursday, July 12, 2018

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Woman's health 'ruined' after routine operation

Joanne Grainger, now bed-bound and feeling 'like an old woman'



- Joanne, 39, now bed-bound after hernia surgery
- Pre-standing kidney issue led to multiple organ failure
- No movement in right arm and husband now full-time carer
- "I just think they've ruined my life basically. It's disgusting"

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in this week's paper...



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'Routine operation left me unable to move arm'

Patient tells how she endured four months of agony after surgery

By **Charlotte Page**

charlotte.page@hertsexnews.co.uk

A HARLOW woman says her life has been "ruined" after a routine operation left her unable to move her arm for more than four months.

Joanne Grainger, 39, went into A&E at Princess Alexandra Hospital complaining of stomach pains on Sunday, February 4.

A CT scan revealed that Joanne, who also has polycystic kidneys, had a hernia in her belly button and required a routine operation.

Knowing that Joanne has kidney problems, doctors ran further tests to ensure it was safe for her to have the operation.

The operation was due to go ahead the same day; however, surgeons decided to wait until the next day.

Joanne said: "They were going to operate that night and they decided 'well, no, we'll let you get some rest and we'll do the operation first thing in the morning'."

"The next morning, I went down to the theatre - I think it was about 8.30am - as far as I know, they said everything went OK."

Concern

However, after the surgery, Joanne's health began to decline - prompting concern from her family.

"I don't remember anything after the surgery - nothing at all," continued Joanne.

"I went back to the ward, this is what my mum's telling me, and for the next three to four days after the operation I started going downhill."

"I started going in and out of drowsiness, talking gibberish and sending weird texts that didn't make any sense."

"Every time my mum [came up to visit] I'd be asleep or just not be making any sense or conversation and not looking right."

"My mum kept asking the sister, 'please, can you get a doctor, because she doesn't look right - that's not her'."

"And all they kept saying was 'no, she's fine, it's just the morphine'."



Paul has to sleep on the sofa next to his wife in case she needs him in the night Photos: MARTINE XERRI

"She's just sleepy - she's just this, she's just that."

Joanne explained that, before her surgery, a doctor had told her that she should be home within 24 to 48 hours as he had done a similar operation the following day and the patient had gone home.

However, Joanne said three to four days later she was "still unconscious on the ward" and four days later her mum asked the nurse whether she was aware that Joanne's medication was in her room and to check that she wasn't taking it.

She continued: "The nurse said 'no, we weren't aware, I'm a bit worried now. I'll find out and then she said now I'll get a doctor down to see - or something like that'."

A doctor attended in the evening and Joanne's mum, who had gone home, was later called back after Princess Alexandra Hospital had been in touch with Lister Hospital.

Joanne needed an antidote to bring her round as her kidneys began to fail.

"What was happening was my kidneys were dying," she said. "Where they had left me so long and not looked after me, they'd not checked my kidneys and there was an overdose in me of morphine - my kidneys couldn't take any more morphine."

Due to her polycystic kidneys, Joanne gradually became extremely unwell.

She said: "My kidneys couldn't

take any more and so I'd ended up with sepsis, pneumonia and kidney failure."

"My organs were failing, my mum said my heart was slowing down, my lungs were giving out and my kidneys had failed. I'd gone into kidney failure."

Joanne said she ended up in intensive care on dialysis for two days.

It was when she woke up that she noticed that she was unable to move her right arm.

Yet she said that no one has ever explained why she is unable to move it.

She said that medical staff had told her she would be "able to move it in a couple of days" and it was likely that it had gone to "sleep".

Determined to find out what had happened, Joanne went for a nerve conductive test in May at another hospital and, although she received the results, she said they were in "doctor's terms" - meaning they have never been explained to her.

Yet Joanne asked if a mental health nurse, who visited her on Monday, July 2, could help interpret the results.

"What she explained was that the nerve that runs down my arm into my hand has been torn by either being pulled or moved in the wrong way," Joanne continued.

"The nerve has been torn which works the hand on my arm and there's an operation that can be

to wash and dress her - which she believes she may have to fund herself.

She continued: "They're saying I might have to pay for that myself - so because of their incompetence I've got to pay for someone to come round and wash and dress me."

"My husband has now become my full-time carer because apart from the carers who come in and wash and dress me, my husband has to do everything else."

"Even down to the point of having to wipe me when I go to the toilet - it's disgusting, my dignity has gone now. I'm 39 years of age and I feel like I'm an old woman."

"I just think they've ruined my life, basically. I'm not normal anymore."

"It's life-changing for me, I've got to live like this now for the rest of my life having other people look after me and do things for me."

"People wash and dress me and stuff like that - it's disgusting. That's how they've left me."

Joanne said she has been in touch with the Patient Advice and Liaison Service (PALS) and the ward matron who, she says, said to put everything in writing.

A spokeswoman from Princess Alexandra Hospital said: "We are deeply sorry for Ms Grainger's experience."

"In this case we followed Trust and PALS (Patient Liaison Service) procedure, which is to offer to meet with patients and family in these circumstances."

"However, it is trust policy not to comment on individual cases. We will be working with Ms Grainger to support her through this process."

Riddle as air ambulance lands in field



AN AIR ambulance landed on a primary school field in Harlow.

The Essex and Herts Air Ambulance was seen flying low before landing on Freshwaters Primary Academy, Freshwaters, at about 8am on Thursday last week.

The nature of the incident is currently unknown; however, Freshwaters Academy has stated it is not an incident at the school.

Ice cream Sunday...

A POP-UP ice-cream bar offering sweet treats for free will open in Harlow this weekend in celebration of National Ice Cream Day.

Visitors and shoppers at The Harvey Centre will be able to create their very own Mr Whippy ice cream this Sunday at the pop-up bar, which is opening for one day only.

National Ice Cream Day is typically an American tradition and takes place on the third Sunday of the month.

You will have to be quick though as there is only enough ice cream for 300 people.

The Harvey Centre's ice-cream bar will be situated next to the children's play area and open from 10.30am to 3.30pm this Sunday.

Hurry before Poundworld closes

POUNDWORLD in Harlow is holding a closing-down sale after the company went into administration.

The store was identified as one at risk of closure and The Water Gardens shop has since had posters up in the window announcing its sale, with discounts of up to 70 per cent as all stock must go.

According to the displays, discounts include 20 per cent off stationary, 30 per cent off toys and 50 per cent off party items.

Although no final date has been confirmed for Harlow Poundworld, other stores announced as closing are set to cease trading from Sunday, according to a report by The Mirror.

Administrator Deloitte said the decision to close these stores will not impact on the potential sale



Poundworld in Harlow

of the rest of the business.

Joint administrator Clare Boardman, according to The Mirror, said: "Whilst we remain hopeful that a sale for part of the business can still happen, it has not been possible to sell the business as a whole, resulting in (this)

announcement. We would like to thank all the employees for their continued support and commitment during this difficult time."

"We are keeping staff appraised of developments as they happen."

The shop, once closed, will be the second empty store on the same row of shops within the Water Gardens, with the former Dorothy Perkins and Evans store remaining vacant since last year.

Mothercare also announced this week a further nine outlets are to close - taking the total number of branches closing to 60 by June next year.

The future of the Queensgate store in Harlow is unclear at this stage, but could add to the growing number of vacant stores in the town.

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What does the Harlow Local Plan include?



THE aim of the plan is to create the perfect mix of houses, shops, education, health facilities and more in proposals that will see the regeneration of the town up until as late as 2033.

The five themes of the plan are place-shaping, housing, prosperity, lifestyles and infrastructure.

According to an assessment of housing need, the plan is to allocate 9,200 homes within the Harlow boundary to be built up to 2033, with at least 30 per cent affordable housing.

The aim is to ensure the right infrastructure is in place at the right time to support new housing and future employment opportunities.

It also includes proposals to build on Harlow's Garden Town status, Public Health England's relocation, Enterprise Zone developments and the new M11 junction 7A.

Yet a key focus is the need for a new, fit-for-purpose hospital serving the town and ensuring that community facilities and services match Harlow's needs and ambitions for the future.

Additionally, it sets out a strategy to assist in the provision of the Harlow and Gilston Garden Communities with East Hertfordshire and Epping Forest District Councils.

The consultation period began on Thursday, May 24, and ended on Friday, July 6.

Only a handful of people spoken to knew about the Local Battling against housing plans and building on green spaces

By **Charlotte Page**

charlotte.page@hertssexnews.co.uk

A LETTER of objection and two petitions containing almost 400 signatures have been submitted by a Harlow political party against a number of proposals that form part of Harlow Council's Local Plan.

The complaints include a claimed lack of evidence for a need for housing and building on green spaces.

The letter and petitions, signed by a total of 383 residents, were handed in at the Civic Offices on Wednesday, July 4, by the Harlow Alliance Party (HAP).

Leader of the HAP, Nich Taylor, explained that if a Local Plan is to be agreed by a government inspector, it will need to pass five tests in relation to 'soundness'.

HAP believe that the Harlow Local Plan fails three of these tests – including failing to protect green wedges and wildlife.

"Firstly there is very poor evidence in terms of housing need, population increases and other elements within the plan," said Mr Taylor.

"Secondly, is it has insufficient plans for the future infrastructure which is required to support the level of housing being planned within the Local Plan.

"Thirdly, it doesn't protect the green wedges and wildlife site within the town as required of the plan."

There are a further five issues that HAP are also objecting to.

1. Consultations with local residents

The party claim that they found very few people who knew of the Local Plan.

Who are the Harlow Alliance Party?

THE Harlow Alliance Party (HAP) formed in early 2017 and is a political party made up of Harlow residents.

The group first came about after a number of residents met to discuss how they could work together to represent the various communities within the town.

Since then, they have been

helping to offer a voice to the people who live in the area.

HAP's main objectives, according to its website, put public consultation at the forefront and work to ensure that both sustainable, affordable homes are built, that the necessary new infrastructure is in place for new homes and that open spaces are protected.

HAP says that out of the 370 people it spoke to, roughly 355 said they had not heard of the plan – leaving just a handful of people who knew of it before HAP knocked on their door.

The party intend to object to eight sites which up until now have been playgrounds or green field sites.

Mr Taylor continued: "We've spoken to residents primarily living within close proximity of those eight sites – although not exclusively."

They say some had said that if their neighbour wanted to build an extension on their house, the council would seek opinion of those living close the proposal.

"You would have thought the council would have taken the opportunity to talk to residents at an early stage," added Mr Taylor.

HAP suggests that Harlow Council should have consulted with residents via the Harlow Times – the council's quarterly magazine delivered to every home in Harlow and by holding public meetings.

2. Windfall sites

Mr Taylor explained that HAP feel

that windfall sites – land or buildings that become unexpectedly available and so not included in the Local Plan – have been ignored.

He continued: "Whilst it mentions that in the Plan, it doesn't take into account the fact that many hundreds of properties have already been constructed and are likely to be constructed in the future – adding to strain on public services such as doctors surgeries and at schools."

3. Informing not consulting

HAP believe that the consultation exercise is "about informing residents and not consulting residents".

They say that there is evidence already of this with Elm Hatch already having sought planning permission and the Lister House development with a plan out to public consultation.

4. Affordability and tenure

Whether new homes will be truly affordable is another question raised by the Party, who feel that Elm Hatch and Lister House will be two developments that won't be available at affordable prices.

"The fourth issue is the question of affordability and then tenure type," Mr Taylor said.

"We believe that council land should be used for council houses at council rents and already there's evidence on those two sites I mentioned where that isn't going to be the case."

The party suggests that new homes should include a mix of properties to meet the housing needs of people at various stages of life – including bungalows for the elderly.

Mr Taylor added: "And we also think that from talking to residents that bungalows show feature on the sites where people then can down size to more suitable accommodation – thus freeing up homes which are presently unoccupied."

"The plan specifically mentions the needs of the elderly and people with physical impairment but makes no reference to providing such accommodation."

5. Lack of infrastructure plan

Finally, HAP say that there is a lack of an Infrastructure Plan because



A local plan needs to pass five tests in relation to its 'soundness'

what residents are required to know forms part of Epping Forest District Council's (EFDC) Local Plan – and few would know to look there.

The plan, Mr Taylor explained, went out to public consultation following a meeting held of December 15.

There was then a six-week consultation period that ended on January 29.

He continued: "No one in Harlow was advised or consulted on that plan despite the fact that hundreds of houses will be built immediately adjacent to houses and homes in Harlow – literally over the back fence."

The Harlow Alliance Party put an objection into the Plan and says that they were one of 991 comments and objections made against Epping Forest's District Local Plan.

However, following a judicial review the High Court dismissed the legal challenge brought by property development company CK Properties (Theydon Bois) Ltd – allowing for EFDC to submit the Local Plan to the Secretary of State for independent examination.

Harlow Council has responded to the concerns raised by The Harlow Alliance Party and remind residents that the consultation period ran for six weeks – finishing on July 6.

The council adds that the transport corridor proposals are at an early stage and so are not detailed.

A policies map, which has been published online along with the pre-submission Local Development Plan, only shows the route the corridor could take.

Harlow Council, Epping Forest and East Herts Council are currently offering people the chance to have their say on proposals for the Harlow and Gilston Garden Town development.

Councillor Mark Ingall, leader of Harlow Council, added: "Harlow's Local Development Plan is a once-in-a-lifetime opportunity to secure Harlow's future with new homes, new jobs and new infrastructure which together can build a better Harlow for all."



Nich Taylor outside the Civic Centre before handing in the petition

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Plan, says Harlow Alliance Party chief



Alan Leverett shows Pollard Hatch - an area HAP is opposed to building on

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Full statement from Harlow Council

LEADER of Harlow Council Councillor Mark Ingall, said: "The pre-submission Local Development plan consultation comes after years of work, including independent studies, and follows previous public consultation activities.

"This consultation follows Government regulations and local people have been given the opportunity to have their say. The consultation is about the process of developing the plan to this point rather than the plan's contents.

"All the comments and representations submitted will be considered by the council before the plan is submitted to the Government for independent examination.

"These comments and all the comments made as part of developing the Local Plan will be considered at the public inquiry.

"This will be held at a later date once the plan has been submitted later this year.

"The plan includes findings from an independent housing study, which has found that 9,200 homes need to be built within Harlow up to 2033.

"Providing more and better housing is our number one priority for Harlow.

"This means we will do what we can to provide a range of homes including new council houses, affordable homes for rent, shared ownership and private to give opportunity to all local people who want and need a home.

"Developments which have already been given planning permission have been included in the plan to reduce the housing need target.

"The plan also lists potential housing sites around the town.

"However, the inclusion of these sites are subject to the plan's final examination and any planning applications coming forward in future.

"Meeting housing need is not an issue we will ignore.

"It is a challenge to find new places for housing in Harlow, therefore the plan proposes a number of smaller developments.

"Work has been carried out to ensure that our network of green wedges are protected and that there are newly designated green areas as well



Cllr Mark Ingall, leader of Harlow Council

as ensuring wildlife sites are protected and improved.

"Under the Government's duty-to-cooperate we have and we will continue to work with our neighbours East Herts Council and Epping Forest Council.

"In the Local Plan we have identified the infrastructure requirements that will support growth and the future regeneration of Harlow and across the wider Harlow and Gilston Garden Town Communities.

"This includes looking at improving the existing transport network so that residents can move quickly between key destinations across the town including to and from housing and employment areas.

"A transport corridor study is being undertaken on behalf of the council, Essex County Council and neighbouring councils that will set out transport measures to deal with the planned growth in and around the town."

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• SHERINGHAM - 'A Day at the Coast' •

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• 'COTSWOLD CLASSICS' including BURFORD & STOW •

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Knife charge after man suffers a chest injury



Terminus Street, Harlow

A MAN has been charged with possessing a knife in a public place following an incident in Harlow town centre which led to a man being treated for a chest injury.

Emergency services were called to Terminus Street, near Harlow bus station, at 9.25pm on Saturday (July 7) to reports that a man had been injured following an assault.

An ambulance and a duty officer arrived at the scene within six minutes to treat a male, his age unknown, for a chest injury.

He was stabilised within 15 minutes and taken to the Royal London Hospital for further treatment.

Assault

A spokeswoman from the East of England Ambulance Service said: "We were called to reports of an assault near The Clockhouse pub.

"An ambulance and duty officer were on scene within about six minutes and they assessed and treated the male patient for a chest injury.

"Within under 15 minutes of getting to the patient, they had stabilised him and left the scene to convey him to the Royal London Hospital for further treatment."

The victim was later discharged from hospital, according to a spokesman from Essex Police.

A 35-year-old man and a 37-year-old man were arrested following the incident and one subsequently charged.

Ersen Mustafa, 35, of Terminus Street, Harlow, has been charged with possession of a knife in a public place.

He is due to appear at Chelmsford Magistrates' Court on September 12.

The 37-year-old man has been released under investigation.

Regeneration plan aims to transform town centre

Council urges residents to visit the exhibitions and have their say

By Charlotte Page

charlotte.page@hertssexnews.co.uk

HARLOW residents have been invited to have their say on the regeneration of the town centre in a series of consultations.

Harlow Council is creating an Area Action Plan – a plan which will sit alongside the Local Development Plan to guide the future regeneration and redevelopment of Harlow town centre.

The regeneration of the town has been debated for some time in order to fulfil both the retail and leisure needs of Harlow residents.

Over the last year, Harlow Council has been working with consultants and stakeholders to produce an issues and options report.

This report represents the first stage of formal consultation for the plan.

Similarly it also identifies key issues, challenges and opportunities that the centre faces and sets out options for the plans to explore.

While the council does not own most of the buildings in the town centre, these plans will guide how future planning applications are decided, as well as how the town centre will develop and regenerate in the future.

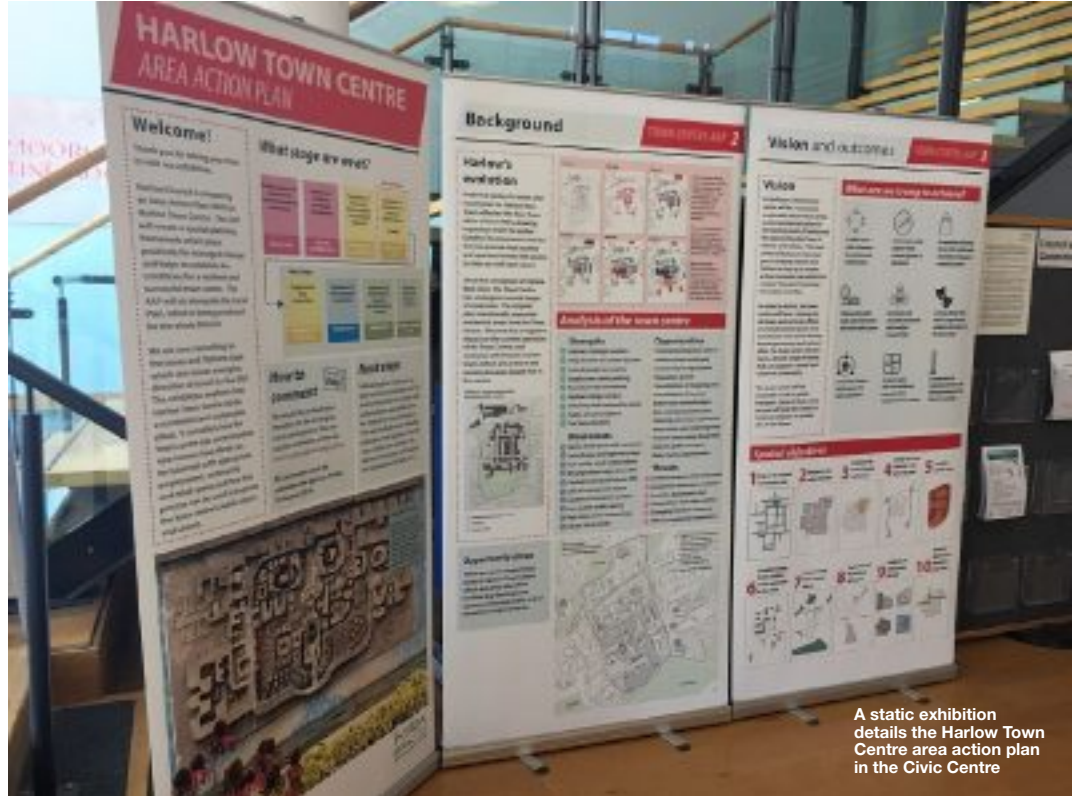
Shoppers

Harlow Council is seeking the views of residents, shoppers, businesses, land owners and organisations on what they think is best for the future of Harlow Town Centre.

Portfolio holder for environment, Councillor Danny Purton said: "We are committed to helping to create a vibrant, sustainable and successful town centre and we're demonstrating this commitment by developing a separate Area Action Plan.

"The plan will sit alongside the Local Development Plan as an important planning document and means we can focus attention on the development and investment opportunities that are unique to Harlow town centre.

"We want to see a transformation of the town centre as a place not just for the benefit of our existing residents but looking towards the 2030s when the town's population will have grown significantly.



A static exhibition details the Harlow Town Centre area action plan in the Civic Centre

"It is important that through this stage of consultation we get the views of as many residents, businesses, landowners and stakeholders as possible to inform and help develop the plan."

Councillor John Strachan, portfolio holder for regeneration, added: "Over the years there has been much debate about Harlow town centre and the need for regeneration. Undoubtedly it plays an important role as both a retail and leisure destination for Harlow and the surrounding areas but more increasingly as a place to live.

"By creating the Area Action Plan we can take control in establishing the town centre's regeneration aspirations, guiding development and promoting the investment opportunities that exist."

"With so many developments in the pipeline including the Enterprise Zone, Public Health Eng-

land's National Science Hub and the Harlow & Gilston Garden Town, the town is seeing and benefiting from major investment and growth.

"This plan is key to ensuring that Harlow town centre is ready to meet these future opportunities and once again become a vibrant place in the heart of the community."

All feedback and comments gathered will help inform the development of the plan.

It is hoped that the draft plan

will be published and further consulted on early next year.

Once adopted, the Harlow Town Centre Area Action Plan will replace existing policies relevant to the town centre as set out in the 2006 Harlow Local Plan.

The consultation period runs until August 10, 2018.

Consultation and exhibition materials, along with the issues and options report, are available to view online and comments can be submitted at harlow.gov.uk/aap.

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When are the consultation events?

Staffed consultation events:

- Thursday, July 12, 2018 - 2pm until 4pm at Tye Green Library
- Saturday, July 14, 2018 - 11am until 3pm at Broad Walk, Harlow Town Centre
- Tuesday, July 17, 2018 - 2pm until 4.30pm at Harlow Leisurezone
- Friday, July 20, 2018 - 10.30am until 12.30pm at Church Langley Community Centre
- Thursday, July 26, 2018 - 5pm until 7pm at Lutton Bush Centre
- Friday, July 27, 2018 - 1pm until 3pm at Learning Centre, Harlow Town Park
- Tuesday, July 31, 2018 - 5pm until 7pm at Harlow Civic Centre, The Water Gardens
- Friday, August 3, 2018 - 2pm until 4pm at St John's Arc
- Tuesday, August 7, 2018 - 3pm until 4.45pm, Harvey Centre



- Tuesday, August 7, 2018 - 5.15pm until 7pm, outside Asda, The Water Gardens

Unstaffed exhibitions:

- 19 - 21 July 2018 at Harlow Museum
- 23 - 26 July 2018 at Tree House Children's Centre, Parnell Road (Staple Tye)
- 27 - 31 July 2018 at The Meadow's Children's Centre, Harbets Road (Hare Street)
- 1 - 3 August 2018 at St John's Arc, Old Harlow



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'Housing alone does not make thriving communities,' says development boss

Community at the heart of new estate

By Charlotte Page

charlotte.page@hertsexnews.co.uk

A new state-of-the-art community centre has opened following the completion of phase one of a new housing development set to bring almost 350 new homes to Harlow.

The centre opened as the first phase of redevelopment in Staple Tye's The Briars, Copshall Close and Aylets Field (the BCA estates) came to a close.

The new community centre, part of the multi-million pound Atelier development, will provide local residents with an opportunity for learning, as well as both social and physical activities.

The first phase sees 33 new homes allocated to local people on Harlow's Housing Needs Register, with phases two and three seeing a further 133 properties allocated in the same way. Designed by Gardner Stewart Architects and in partnership with Countryside, Home Group and Harlow Council, the multi-million pound Atelier development will provide a total of 345 new homes.

A total of 58 per cent of properties across all three phases will be affordable and all homes are expected to be completed by



Robert Wilkinson, Maggie Hulcoop and Will Gardner

September 2020. Phase two launched last month with a brand new collection of one, two, three and four-bedroom homes.

The joint partnership will also provide new green spaces, roads, parking and improved cycle and pedestrian routes at Atelier.

Councillor John Strachan, Harlow Council's Portfolio Holder for Regeneration, said: "It is hugely exciting to have completed phase one of Atelier and to mark the occasion with the launch of the new community centre that offers tremendous facilities."

"As well as providing much-needed affordable homes for local families, the project is also delivering new community facilities, providing the area with fantastic

new spaces for the benefit of everyone."

Robert Wilkinson, managing director for East London at Countryside Partnerships South, said: "Building on the success of welcoming the first new residents to their homes in autumn last year, it is extremely rewarding to have completed phase one and launched Atelier's new community centre."

Countryside is one of the UK's leading home builders specialising in place-making and regeneration and is planning more communal facilities at the development.

Mr Wilkinson continued: "Located in the heart of the development, the centre is a fantastic

space enabling the whole community to come together and for everyone to share.

"We are proud to be bringing more communal facilities and amenities to the area, nurturing stronger bonds and a sense of wellbeing amongst the community. Creating new places and opportunities for local residents is at the heart of all our projects and today highlights the importance of delivering modern, well-designed homes, as well as new facilities and outdoor spaces."

Home Group, which is a national provider of homes for sale and affordable rent, added that the community centre will offer a wealth of opportunities.

Director of development, Will Gardner, added: "Houses alone do not make thriving communities, which is why place-making considers so much more than simply the buildings that people live in."

"To consider wider lifestyle factors, something that the community centre does brilliantly in terms of educational, social and physical opportunities, as well as accessible childcare opportunities through its nursery, will really help to bring Atelier to life."



Councillor Maggie Hulcoop opening the new community centre



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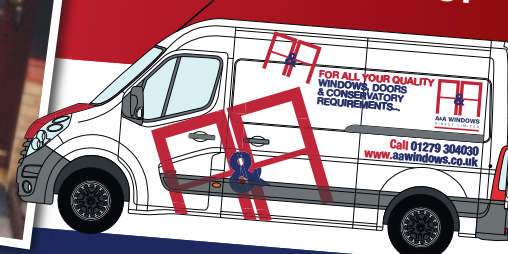


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New project aims to prevent gangs exploiting youngsters

Company boss hopes that focusing on sport will help tackle drug and knife crime

By Charlotte Page

charlotte.page@hertsexnews.co.uk

A NEW project aiming to prevent gangs exploiting young children is to start in Harlow this September.

Changing Lives is a project hoping to tackle exploitation, anti-social behaviour and gang-related crime by getting both primary and secondary school children into sports.

The idea comes from director of Flick Trick Sports David Simmons, 23, who believes that the number of young people involved in gangs, including those scouted to carry drugs and knives, can be reduced with a focus on sport.

He said: "I was doing some research and I found out that London gangs are coming through on the trains and scouting children in primary and secondary to join their gangs and to pass drugs about, carry knives and things like that.

"At the minute it's not a massive problem but it could be a big problem."

In April this year, The Mirror reported that knife crime as a whole in the UK, not just involving young people, was at the highest in seven years.

Similarly, statistics published by the Sunday Mirror at the end of last month revealed that nearly 40 vulnerable children, sometimes as young as 12, are arrested every



The Changing Lives project was presented at Harlow Soup

week over gang drug dealing.

The statistics found that as many as 1,950 children under the age of 16 had been groomed by 'drug kingpins'.

With numbers on the rise, although not necessarily in Harlow, Mr Simmons said it is time to start making a change.

"I thought we need to do

something about it," said Mr Simmons, who is from Dagenham.

"I've realised that there's not enough people taking responsibility for what they do.

"I'm just a sports coach but I've got my own company [and] if I am able to help in any way, then I will.

"I am only 23, I haven't got

children of my own but I don't want my children to be brought up into the world where there's just stabbings every day.

"I think it's really important now that we stand up and do something about it."

With the help of friend and fellow sports coach Ben Doyle, SK Sports director, they have drawn

up a plan, secured funding from Harlow Council and support from Essex Police who will run workshops.

Changing Lives will work together to provide sporting activities alongside the likes of Kazen Kai Martial Arts, Harlow Rugby Club, SK Sports and Flick Trick Sports.

Similarly, a company called Link Asset will offer workshops that educate children to make money correctly and offer advice.

Mr Simmons will also meet with a representative of the NHS next week to see about offering young people opportunities and pathways for them to gain experience.

"As we work in the sports industry we know that [sport] really captures and gets them hooked onto something," continued Mr Simmons.

"If we can get them onto a sport – we don't really want them to go down that pathway of gangs.

"At the minute on the news it's a regular occurrence and it's getting younger and younger – which is the scary thing about it."

The programme will run at Great Parndon Community Centre where there are plans for a mini-bus to collect the most vulnerable children.

Vulnerable

Mr Simmons added: "The plan is that we'll get a community mini bus and we would pick up those vulnerable children and take them to the centre.

"Schools would give us a list of children that are the most vulnerable and who are actually being targeted.

"We would then put them onto our programme, collect them from the school and then take them to our centre where we would be doing the workshops and things like that."

A scheme will run on Tuesday and Thursday evenings from 3pm until 6pm.

For more information call 07756 084 357 or visit: www.flicktricksports.com

Alternatively, you can following Changing Lives on Twitter and Instagram.



20mph zones could be compulsory at schools

MANDATORY 20mph zones outside schools and similar zones for residential streets if requested by the majority of residents may be in place within six months.

Essex County Council full council voted to review the current 20mph policy to introduce mandatory 20mph zones outside all schools and 20 mph

zones for appropriate residential streets, if requested by the majority of residents, at a meeting on Tuesday (July 10).

It will now be discussed by the Place Services and Economic Growth Policy and Scrutiny Committee, for adoption, possibly before Christmas.

Councillor Dave Harris, who proposed an initial motion for a

review amended by the Tories, said: "This is not just going to be safer for kids – when you think about that last year 789 people died in the UK on 30mph roads in estates, that's a lot of people – those people are now going to be surviving.

"In most places it will be signage, in other places there might have to be some traffic

calming. I hope we'll get something in six months. If we don't have anything in six months I will be going back to council asking where is it now and what is happening."

Councillor Louise McKinlay said that something feasible, costed and providing clearly increased safety for children around schools was needed.

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Melanie chosen to take part in knife crime storyline for BBC show following her

Bereaved mother of stabbing victim appears on EastEnders episode

By Charlotte Page

charlotte.page@hertsexnews.co.uk

A HARLOW mum, who lost her son after he suffered a fatal stab wound, has appeared on the BBC's *EastEnders* as part of a knife crime storyline.

Tommy Jones, who was 16 at the time, died in 2006 when a single stab wound went through his lung, piercing his heart and breaking his rib cage after a fight broke out outside The Ferndale pub in Beckton, London.

Just days before his death, Tommy had found out that he was going to be a dad.

He never met his son, also called Tommy, who is now 11.

Tommy's mum Melanie Hopwood explained that on August 31, 2006, Tommy had left Harlow, where he was born and raised, to visit his cousin.

"Tommy went to London for the day to visit his cousin and a fight had broke out in the pub earlier that night and Tommy had stopped it," she said.

"The boy who stabbed him, he and his cousin, waited outside the pub.

"When they come out of the pub an argument started and Tommy ended up getting stabbed."

Melanie, who is a mum-of-five, received a call saying that Tommy had been stabbed and needed to get to Newham General Hospital.

While on her way another phone call informed her that Tommy's condition was declining.

She continued: "We got to the hospital and we had to wait in a room and they [doctors] just kept coming out.

Honest

"I remember them saying all different things – a lot of things are a bit of a blur to be honest. I can't explain how we felt. Just pacing up and down."

Medical staff were considering moving Tommy to Whitechapel Hospital for further treatment, but he was pronounced dead at 2.50am on the morning of September 1, 2006.

"They wouldn't let me see him, they wouldn't let me go near him," added Melanie.

"I waited outside until half past five in the morning."

The accused was found not guilty following a trial and Melanie said the pub where the incident happened has since closed down.

Since Tommy's death 12 years ago, Melanie said that the pain doesn't get any easier but "you have got to carry on".

She has since been raising awareness of knife crime through music events with support from the likes of George Ezra, as well as talks in schools and on the radio.

Following her work raising awareness, Melanie was approached by *EastEnders* to be



Melanie Hopwood featured on *EastEnders* as one of the families affected by knife crime

part of an episode which aired on Friday, July 6.

The episode saw the burial of teenager Shakil Kazemi, who died after being stabbed by a gang.

His funeral, which was filmed in April, was entwined with real life stories and in the final scenes saw the families of victims of knife crime stood around the burial as Shakil was laid to rest.

All were holding pictures of their lost loved ones.

Melanie said: "It was really, really emotional but we all did it and the amount of feedback and the affect it's had has been really amazing and so now worthwhile doing.

"It's brought a lot of things back for me and it has made me a bit emotional again.

"That's why I've started being busy. It keeps my mind occupied and I can't sit around and think about it because otherwise I'd just be sitting here in a heap – in a mess."

The families involved went to a

screening of the episode of which cast members Bonnie Langford (Carmel), Danny Walters (Keanu) and Zack Morris (Keegan) all attended.

Melanie described the screening as "emotional" although it was more so filming than watching it.

"I'm so glad it's had that impact and to people who don't even watch *EastEnders*," she continued.

Episode

"They've just watched it for that episode.

"All behind the scenes people they don't get enough credit – they're phenomenal.

"The main people Bonnie Langford, Keanu, who is Danny Walters, he comes from Harlow.

"He said if we need any help or anything like that, he'll always help out for anything for Harlow. He called it his home town.

"And Keegan – those three they took time out for every single

family and they turned up for the screening.

"They wanted to know about their person and their loved one."

Melanie now hopes to give more talks to children at schools and has had interest from Stewards Academy.

Similarly, she stressed the importance of having more activities for young people and educating children about knife crime.

She suggested a programme that could move up through the different age groups.

She also understands that meditation can help to bring peace and control over emotions if started at a young age.

"There's kids that carry their knives to look hard and think of themselves as some sort of weapon – not what they've got. It's the big 'I am', she continued.

"Then you've got another kid that might take it because they're scared of these other kids.

"These children need self-defence classes, certain things to bring some confidence out and ways of dealing with things and that's another thing with bullying.

"It's what you can bring in to help all different scales of different children because every child is different and every child has been through different things in their lives.

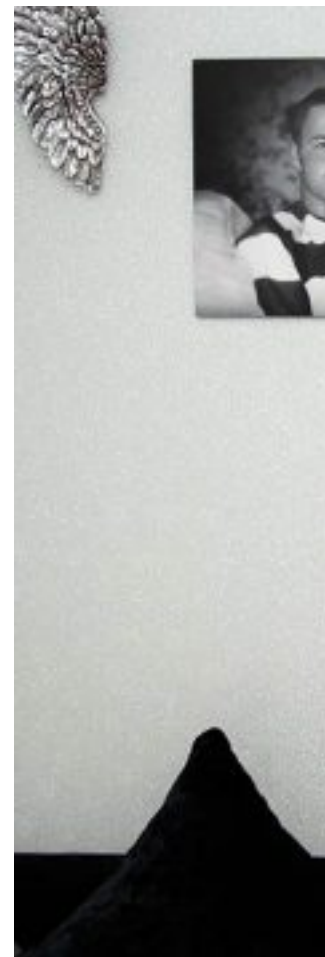
"Some turn out one way and some turn out another.

"Some might have been through the same but it doesn't mean to say they're all going to end up the same way."

She added that Harlow residents need to work together to help make a difference within the town.

"We need to take a look at our town," she added. "We need to be concentrating on our town.

"We can't solve problems for the world but everybody's got to pull together."



Melanie Hopwood spoke about



Real life mourners gathered around during the scene holding pictures of their lost loved ones

work raising awareness since death of her son Tommy



her son Tommy and her appearance on EastEnders

Photos: MARTINE XERRI



Tommy Jones from Harlow died aged 16 on September 1, 2006

Melanie Hopwood talking to our reporter Charlotte Page about losing her son



Melanie Hopwood was overjoyed to receive this signed Albert Square sign from Bonnie Langford as a thank you for sharing her story

Vision revealed of new garden town with up to 23,000 homes

GILSTON PARK: Exhibition shows the proposals for huge major development

By Charlotte Page

charlotte.page@hertsexnews.co.uk

THE first look at the Harlow and Gilston Garden Town vision has been unveiled and it plans to have enterprise, health and sculpture at its forefront.

In a static exhibition that first opened at Harlow Civic Centre on July 2, the new garden town is said to be a "joyful place to live with sociable streets and green spaces; local centres accessible by walking and cycling; and innovative, affordable public transport".

While the official Gilston Park website says plans are initially for 8,500 homes, East Herts District Council, Harlow Council and Epping Forest Council say that there are plans for 16,000 homes by 2033.

This breaks down into 10,000 homes in Hertfordshire and the remaining 6,000 built on adjoining land in Harlow and Epping Forest.

A further 7,000 could later be added – meaning Gilston Park, also referred to as Harlow North, has the potential for 23,000 new properties.

So what will these new homes be like?

New homes will form part of six new distinctive neighbourhoods and villages – all of which will have their own character and identity between the border of Hertfordshire and Essex.

Self-sufficient

Although with this in mind, inspiration from existing buildings including colours, materials, form and structure will be taken into consideration when designing these new areas.

Villages and neighbourhoods will be self-sufficient with local centres and 'hatches' including shops, restaurants, early education, a primary school and community spaces ready to serve its residents within an accessible location.

However, opponents of the scheme have argued that the construction of a large number of houses in the area would overwhelm the already overstretched Princess Alexandra Hospital (PAH) and cause congestion on the A414 and the roads around Gilston.

Homes are said to be able to serve people at various stages of life while retaining their 'high quality'.

The new homes have been welcomed by the likes of Harlow MP Robert Halfon, providing that the correct infrastructure is in place.

He said: "It is important that



The exhibition opened at Harlow Civic Centre



The garden town would be, it was said, 'a joyful place to live'

the necessary infrastructure is built alongside the development and that the surrounding villages are protected.

"However, hardworking residents of Harlow and villages urgently need more housing.

"I will always represent residents' views when they have concerns, but I welcome that Harlow and Gilston Park will provide much-needed homes and regeneration for our town."

What will Gilston Park bring to surrounding areas?

The Gilston Park Estate web-

site details how surrounding areas will be impacted by the development and the benefits that it could bring.

Ultimately, Harlow will play a vital role and developers say that the park will bring thousands of jobs and much needed homes for residents.

The website reads: "A £500 million package of new infrastructure benefits will ensure the settlement is self-sufficient and that it does not place additional burden on any of Harlow's existing services."



An artist's impression of how Harlow and Gilston Garden Town would look
Images: PLACES FOR PEOPLE

It could also bring a boost to the economy with more locals heading to Harlow as a place of employment and to use its shops and facilities.

However, The Harlow Alliance Party disagrees, saying: "The site is not in Harlow or indeed even in Essex and their link to Harlow is another cynical attempt to sell the idea to residents of the town."

"We are told that it will help regenerate the town centre and other services and indeed the plans show that all traffic and the proposed busway will head south – into Harlow."

"However, unless the transport links are in place before the homes are completed, then the new updated Brookfield Farm, with its abundance of free parking, is much more likely to see the benefits."

"The proposals also state that there will be a wide range of facilities and jobs provided within the development – so one has to wonder how this helps Harlow prosper."

Benefit

Hunsdon, also known as the Briggens Estate, is Gilston Park's seventh village and it is said residents will benefit from the infrastructure, including schools and health facilities – plus the opening of nearby countryside.

Similarly Gilston and Eastwick are two areas close by, but developers say that they are committed to having residents shape the site and will benefit from the investment in local infrastructure.

Ware, Much Hadham, and Widdowes are thought to be protected

from further development, as Gilston Park would help to meet East Herts' housing need.

As is Bishop's Stortford, which could see a boost to its local economy, while Sawbridgeworth is in close proximity to benefit from jobs within the new Enterprise Zone in Harlow.

High Wych may see less traffic as the Gilston Garden brings improved connections with Harlow and Stansted.

Mione Goldspink, former Mayor of Bishop's Stortford, East Herts district councillor of 20 years and chairwoman of Bishop's Stortford Liberal Democrats, said: "As far as effects on East Herts are concerned, yes, there will definitely be problems with all the extra traffic on an already congested network."

"There is also a great worry



about the shortage of water for all the new houses.

"I would hope that there would be a good proportion of social housing for affordable rents within the development, and good cycle paths and amenity green spaces.

"I would also like to see some sort of combined heat and power supply system."

What about the green belt? A concern among many has been in relation to the green belt, although the static exhibition suggests that the green wedge network will expand and connect to the wider countryside.

This could create for better biodiversity, enhancement to the landscape, plus improved links for the public via walking and cycle routes.

Although Spike Hughes, a

parish councillor and member of Stop Harlow North, previously said: "The reality is that once you break the protection of the green belt, it is a free-for-all.

"The developer calls it a 'Necklace of Villages' and the council a Garden Town, it cannot be both, when the reality is urban sprawl on an epic scale.

'Death knell'

"23,000 homes with 2.5 occupants per household is equivalent to a 70 per cent increase in the size of Harlow or seven new Sawbridgeworths."

Kevin Fitzgerald, honorary director of CPRE Hertfordshire, in April, said: "If it succeeds, this plan heralds the death knell of the rural character of a swathe of Hertfordshire.

"Beautiful villages, supposedly

protected by green belt, look set to be swallowed up by the urban sprawl of a neighbouring town."

The final drop-in consultation event was due to take place today (Thursday, July 12) from 4pm until 8pm at Gilston and Eastwick Village Hall, Gilston.

The last static exhibitions at Epping Forest Civic Office in Epping High Street and at Harlow Civic Centre in Water Gardens, Harlow are on Thursday and Friday this week, with sessions taking place from 9am until 4.45pm.

You can also add your comments by e-mailing harlowandgilston@am-up.com or via post to Garden Town Team, Epping Forest District Council Civic Offices, 323 High Street, Epping, CM16 4BZ.

Comments must be made by 5pm on Friday, July 27.



The garden town plans have divided opinions



How the garden town would look like from the air



Spike Hughes of Stop Harlow North



Harlow MP Robert Halfon welcomed the plans



Visitors were given more detail on what the garden town plans involve

FOOD & DRINK



IT'S COMING HOME!

Click & collect launches at Luigi's Fish & Chips

After 30 years of serving award-winning fish and chips, Mr Luigi's in The Stow closed its doors on March 11 for an extensive refurbishment and reopened the doors to a trendy modern chippy rebranded Luigi's Fish & Chips.

Ciriaco Forgiione started the family-run fish and chip story in the early 1960s when he and his wife noticed fish and chips were a great British tradition and bought a mobile fish and chip van, and that's where the story began.

In 1963 Ciriaco and his wife, Virgilia, bought their first shop in East Finchley, later moving into Tottenham High Road in the early 1970s and Edmonton in the 1980s. In 1989, the next generation of Forgiiones, their three sons, took the baton and

opened Mr Luigi's in Harlow, Captain's Fish & Chips in Hoddesdon followed in 1998, and in 2015 Nazeing Fish & Chips was born and – most recently – Sidney & Sons Fish & Chips in Rye Road Hoddesdon.

When it comes to awards, the brothers have made some impressive catches. The trio were featured in the Daily Mail when they won an award for being one of the top fish and chip shops in London and the South East. More recently Captain's Fish and Chips, situated on Hoddesdon High Street, were in the Top Ten Fish & Chips in the UK and secured themselves the accolade of being the best in Central and Southern England in a competition organised by Seafish, which has been dubbed the Oscars of the industry.

Today, the family's passion



for serving high-quality fish and chips in all of their chippies shows no sign of diminishing, and the brothers are happy to share their secret.

"Our secret to success is

passion, passion, passion" they said. "Fish and chips is who we are. We would prefer our customers wait for their food, rather than their food waiting for them."

"Fish and chips is not only

a delicious meal, but an important part of a balanced British diet.

"We serve quality food prepared and cooked to our own special recipes for that great traditional taste."

"We're a family business dedicated to providing consistency with many, many years' experience behind us. We get the best fish from our trawlers caught from sustainable fishing grounds. Our potatoes are the highest quality, grown locally especially for us. All our products are prepared on the premises, using the latest technology to ensure we serve you a healthier product. Quality comes first."

Luigi's Fish & Chips in The Stow not only serves award-winning fish & chips but also southern fried chicken, boneless chicken, succulent ribs and their famous juicy

burgers. Along with the new look comes an open-plan kitchen so the customers can see their food being prepared and a casual dining area offering an eating in experience.

Following the extensive refurbishment and rebranding, Luigi's Fish & Chips in The Stow no longer offers a delivery service but they have launched a new click & collect service: simply place your order online, pay online and within 20 minutes your order will be ready for collection, meaning a quicker and cheaper option than a delivery service.

Luigi's Fish & Chips
108 The Stow, Harlow
Essex, CM20 3AS
Telephone: 01279 425086
www.luigisfishandchips.co.uk
www.facebook.com/LuigisFishandChips



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The award categories at this year's ceremony are:

Company of the Year	Services Award
Small Business of the Year	Customer Service Excellence Award
New Business of the Year	Creative Communications & Digital Business of the year
Entrepreneur of the Year	Contribution to the Community Award
Leadership Team of the Year	Not-For-Profit Organisation Award
Sales and Marketing Award	
Excellence in Innovation & Technology Award	

The awards presentation evening will take place on Tuesday 2nd October 2018. For further information please contact Vikky Perry on 08453 31 30 31 or email vperry@championsukplc.com

INVEST Essex to sponsor Company Of The Year at this year's awards

FROM big companies who offer products and services worldwide, to up-and-coming businesses who are looking to make a mark on the landscape, Essex is home to a wide range of companies.

Once again, the Essex Business Excellence Awards will be recognising the very best the county has to offer in the world of business.

The most prestigious award on offer at the event is the Company Of The Year award which celebrates a company who have a proven track record of success and are always striving to enhance their offering. Sponsoring this award is INVEST Essex, who contribute to a wide range of businesses in a variety of industries across the region. Helping companies who are relocating to the area, or simply wanting to expand their services, they aim to provide a 'total solution' for everyone they work with.

Sponsoring this award is fitting for the company as their business is all about supporting Essex-based businesses. Also acting as headline sponsors, INVEST Essex's Location Services Director, David Rooke discusses how they contribute to the region's ever-growing business community.

He said: "We take a holistic approach towards helping ensure the future of the county's business strength is a prosperous one. As well as endeavouring to convince those from outside the county of the viability of Essex as a business hub, our team of experienced professional business advisors help companies, small and established, to grow and commercialise new products and services."

INVEST Essex has big ambitions for the future and David highlighted what plans are in place for the next 12 months. He said: "INVEST Essex has many strands and part of the expansion of our services – as part of the Let's Do Business Group (LDBG) – means we can now offer start-up loans to qualifying businesses across the county as well as business planning,



David Rooke, INVEST Essex's Location Services Director

marketing, cash-flow forecasting and coaching."

He continued: "LDBG has been delivering the INVEST Essex service for a year and has identified that businesses and budding entrepreneurs are having difficulty accessing the funding they need to start and grow. LDBG provides access to finance through the government backed start-up loan scheme, growth loans to businesses that can't access finance from the banks, and also access to finance professionals who can help businesses identify and access the most appropriate finance to help them grow."

This year the Essex Business Excellence Awards will take place at Essex County Cricket Club on October 2. Hosted by TV

comedian Mark Dolan and popular presenter Emma Jesson, the event will also provide an opportunity to raise much needed money for The Lord's Taverners. The UK's leading youth cricket and disability charity, The Lord's Taverners are committed to giving vulnerable and disabled children an opportunity to a chance to enjoy sport with a range of initiatives.

Nominations for this year's awards are now open and close on July 27. To submit an application for these awards visit essexbusinessexcellenceawards.co.uk

For more information on this year's awards, get in touch with Victoria Perry at event organisers Champions (UK) plc. Simply call 08453 31 30 31 or email vperry@championsukplc.com



Proudly supported by





The Essex business community at last year's awards ceremony

Business awards bring fantastic benefits to all of those involved

WITH applications now being accepted, the Essex Business Excellence Awards is in full swing and nominations are increasing by the day.

Many companies have already registered their interest this year, hoping to scoop one of the trophies at the awards ceremony in October. Companies thinking of submitting an application should be aware of the many benefits of getting involved this year:

Networking

From the get go, the event is an opportunity to network with fellow high-profile businesses in the region and beyond. The 30-minute Champagne Reception allows sponsors, finalists and guests the chance to converse and build on their contact-base.

Pre-award events

Category sponsors and their shortlisted finalists across all of the categories

are invited to a lavish Champagne & Canapés evening to meet and network with other finalists and sponsors, and create links with local businesses they may never have otherwise had the chance to meet.

Coverage for sponsors

Being involved with the awards on a headline or category sponsor level brings significant benefits, including extensive media coverage and interviews in

local newspapers including the Essex Chronicle, Bentwood Gazette, the Harlow Star and the Herts & Essex Observer. Sponsors' logos will also be prominently positioned across various awards collateral including online and on the media wall at the event.

Coverage for finalists

Being shortlisted as a finalist will lead to coverage in local newspapers as well

as on the Essex Live website. Finalists blurbs will also be included within the A4 event brochure placed on all tables at the awards evening.

CSR

Throughout the evening, while primarily focussing on the success of Essex Businesses, the event will also provide an opportunity for all attendees to raise money for charity. This will not only provide the worthy charity with valuable funds,

but will also help businesses involved add to their crucial CSR activities.

■ For more information on the Essex Business Excellence Awards or to find out how you can get involved please visit www.essexbusinessexcellenceawards.co.uk.

Alternatively get in contact with Victoria Perry at Champions (UK) plc today on 01509 85 29 27 or via email at vperry@championsukplc.com

THINK YOU'RE THE BUSINESS?

Please go to www.essexbusinessexcellenceawards.co.uk

family-announcements.co.uk/essex

Ask your Funeral Director today about adding a **photo** to your notice, as we don't charge any extra for a **photo**.

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Birthday Greetings

LOOK WHO'S 17!

ROBINSON Macy

Happy Birthday Macy Robinson.

17 on July 16th.

Lots of love

Dad, Sarah, Christy and the rest of the Robinson family xxx



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family-announcements.co.uk

Bereavements

Christopher CANTES

11/05/1949 Aged 69 years

It is with great sadness that Sally must announce the death of her much loved husband, Chris.

Chris died at home on Friday 6th July after a long and courageous fight with ill health.

A happy man who loved life. He will be missed by all who knew him.

Funeral service will be held at Woollensbrook Crematorium, Hoddesdon on Wednesday 18th July at 11.00 am. Donations, if wished to British Heart Foundation.

family-announcements.co.uk/essex



Elsie GRAHAM

Passed away peacefully on Saturday 30th June 2018, aged 85 years

A dearly loved Mum, Nan and Sister who will be sadly missed by all her family and friends

Funeral service to take place at Parndon Wood Crematorium on Friday 20th July 2018 at 1.00pm

Family flowers only please but donations, if desired, may be made payable to "The Alzheimers Society" and sent c/o Daniel Robinson & Sons, 79 - 81 South Street, Bishop's Stortford CM23 3AL, Tel: 01279 655477 or via the "In Memory Donation Page" at www.drobinson.co.uk

June Rose HOADE

Sadly passed away on 4th July at Cunningham House Care Home, aged 83.

Much loved mother to Lorraine and mother-in-law to Steve.

Mum had been ill for the last 22 months and is now finally at peace.

She will be greatly missed by her loving family and friends.

More than 3000 loving messages and photos are added every month on our site, you can leave your own tribute or add a picture today completely free of charge.

Thank you for the many good times we shared xxxxx
Today, tomorrow, all my life, I will love and miss you mum x

family-announcements.co.uk

Bereavements

David HOLMAN

(Formerly of Rochford Road, Bishop's Stortford)
Passed away peacefully at home, after a long illness, on Tuesday 3rd July 2018, aged 80 years

A dearly loved Husband, Dad, Grandad and Great Grandad who will be sadly missed by all his family, friends and members of various musical groups

A private cremation service will be held on Friday 20th July 2018 followed by a service of "Thanksgiving" at St Michael's Church, Bishop's Stortford at 12 noon

Family flowers only please but donations, if desired, may be made payable to either "Prostate Cancer UK" or "Wood Green Animal Shelter" and sent c/o Daniel Robinson & Sons, 79 - 81 South Street, Bishop's Stortford CM23 3AL, Tel: 01279 655477 or via the "In Memory Donation Page" at www.drobinson.co.uk

To make a donation for a loved one resting with Daniel Robinson & Sons you can make a donation by visiting the In Memory pages at: www.drobinson.co.uk

Bernard Frederick George KING

10th Sept 1936 - 18th June 2018 The family sadly announces the sudden passing of a much beloved Husband, Father, Brother & Friend. The funeral will be held at Parndon Wood Crematorium on Tuesday 17th July 2018 at 11.30am The family have requested

No Dark Colours to be worn.

Family flowers only please but donations may be made to The Guide Dogs for the Blind Association. c/o Daniel Robinson & Sons or via the In Memory Page www.drobinson.co.uk 01279 655477

ROWE MAUREEN

Sadly passed away on 2nd July.

Sorely missed by her husband and sons, Colin and Christopher, and her grandchildren.

Service to be held at Potter Street Baptist Church on 24th July at 11am, followed by Committal at Parndon Wood Crematorium.

Family flowers only, donations to Macmillan Nurses.

More than 3000 loving messages and photos are added every month on our site, you can leave your own tribute or add a picture today completely free of charge.

Thank you for the many good times we shared xxxxx

Today, tomorrow, all my life, I will love and miss you mum x

family-announcements.co.uk

Irene PRIOR

Formerly 80 years resident of Takeley. Passed away 1st July 2018 aged 83 years, she will be sadly missed by her brother Peter and sisters Linda and Gwen, family and all who knew her. Funeral service to be held at Holy Trinity Church, Takeley on Thursday 19th July 2018 at 11.00am. Family flowers only, donations may be made to The Salvation Army Bishop's Stortford c/o Daniel Robinson & Sons or via the In Memory Page www.drobinson.co.uk 01279 655477

Bereavements

Peter John SMITH

Passed away peacefully on 29th June 2018, aged 93 years. He will be greatly missed by all his loving family and friends.

Funeral service to be held at St Mary's Church, Henham on Tuesday 24th July at 11.30am. Family flowers only please, but donations if desired for Cancer Research UK may be made online using the "In Memory Pages" at www.drobinson.co.uk or cheques made payable to the charity can be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishop's Stortford, Herts, CM23 3AL. Tel 01279 655477

Barbara Jean WILKINSON

25.2.1939 - 1.7.2018

Passed away after a brave battle with illness. Loving mother, mother-in-law, nan, great-nan and sister. Reunited with Dad.

Acknowledgements



Anthony John THONSON Tony

Jenny, Jo and Ju wish to express their sincere thanks to everyone who attended Tony's celebration and thanksgiving service. For the abundance of wonderful cards and messages of sympathy and kind donations to St Clare Hospice.

A special thank you to Reverend Dave Welch for conducting the service of remembrance and to Philip Clegg of Daniel Robinson & Son for his compassion and sensitivity.

Donations can still sent to Daniel Robinson & Son Ltd Wych Elm Harlow CM20 1QP Tel: 01279 426990 or via "Tony's In Memory Page" www.drobinson.co.uk

In Memoriam

BRITTAN Fred

18th July 2015

In loving memory of my lovely Husband. We miss you and think of you every day.

Love Margaret, John, Janet, David and Grandchildren x

R.I.P



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SHARE A DECADE OF MEMORIES WITH FAMILY & FRIENDS ONLINE

family-announcements.co.uk



James HOWLETT 

Originally printed on October 17, 2017 in the Hull Daily Star
Viewed by 4 visitors

Passed away peacefully in Hull Royal Infirmary on 12th October 2017, aged 87 years.
Dearly loved husband of Maureen. Much loved Dad of Laura and Denise. Funeral service to take place on Friday 20th October at Charlewood Crematorium, at 12.00pm. No flowers please, but donations if desired to Dove House Hospice. Family at 5, Summers & Son, 35



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YOUR VIEWS

LETTERS

Get in touch - tell us what you think

Email: community@hertsessexnews.co.uk

Twitter: @Harlowstar

Facebook: /HarlowStar

A reminder of Hitler's rocket strike

IN ADDITION to your fascinating article about the first V2 rocket strike (First firing of Hitler's fearsome V2 rockets, Harlow Star, June 21), I would like to mention that the explosion caused by the rocket blew out the altar window of St Mary's Church, Great Parndon. That is why the main part of this window is now made from clear glass.

I would be interested to find out if there are any photos of drawings of the original stained glass window.

Ray Curtis
Churchwarden
St Mary's Church
Great Parndon

“
Explosion caused
by the rocket
blew out the altar
window of St
Mary's Church
Ray Curtis

Essex to blame for the potholes

I READ with interest the letter last week from Ann Lilly about the pothole situation in Harlow.

However, to place the blame on Harlow Council is a false narrative as the roads in Essex are the responsibility of Essex County Council. I know from experience that Harlow Council are very concerned about the pothole issue and are actively pressuring ECC to get the situation resolved as quickly as possible.

I'm all for standing up and wanting to make Harlow a better looking place for all. But let's turn our fire on those responsible.

J Dunne
Harlow

Correction over amount raised

THANK you for printing my letter (Harlow Star, July 5) regarding our cake sale for Alzheimer's Disease.

However, you have printed the figure raised as £700, not £70 as per my email. It would have been lovely to make that much.

Gina Sullivan

EDITOR'S NOTE: Apologies for the misprint in last week's paper

Log a mammal or roadkill sighting

THIS summer, wildlife charity People's Trust for Endangered Species is calling on the public to record sightings of mammals, dead or alive, whilst driving along Britain's road network as part of its

annual Mammals on Roads survey. The information will help to spot changing trends in populations and identify where conservation action is needed most.

According to a recent report by the Mammal Society, compiled with PTES' help, one in five wild mammal species in Britain is at risk of extinction. But getting an idea of the size of populations and how numbers are changing remains difficult.

This year, the survey runs from Sunday, July 1 through to Sunday, September 30 and participants in this citizen science project can take part either online or via an app on a smart phone or tablet.

Over the three summer months, PTES is asking families, car-sharing commuters or anyone on Britain's roads, to record sightings of mammals and submit the records online, at www.ptes.org/mor, or with the Mammals on Roads app (available for free from the App Store or Google Play). Alternatively, a printed survey pack can be requested by emailing the charity (mor@ptes.org).

The survey, of course, should only be done by passengers in the car drivers should always have their full attention on the road and other vehicles.

The annual Mammals on Roads survey will help ongoing conservation efforts, building a countryside picture from records submitted by the public of

how the numbers of hedgehogs, badgers and other species are changing.

To support PTES' ongoing conservation work, you can donate £3 by texting 'PTES18 £3' to 70070.

David Wembridge
Surveys Officer at PTES

Keep loved ones safe in the home

AN ANNUAL campaign to raise awareness of caring, the challenges carers' face and the contribution they make to families and communities throughout the UK – the leading trade association for the locksmithing profession the Master Locksmiths Association is offering advice on how to keep loved ones safe in the home.

Dr Steffan George, managing director of the MLA, says: "If you are caring for a vulnerable person in their own home, there are steps you can take to make sure that their home is secure. Getting the right advice is important, so take the time to research the best options. There's lots to think about – for example, getting the balance between making sure the person living in the home is not trapped in case of an emergency, whilst also ensuring burglars are not easily able to break in."

Steffan recommends the following tips, to give you peace of mind:

Think about access – make sure you can gain access to the home in a way that

doesn't jeopardise security. You could use a key safe and coded key safes can also help provide easy access to carers as well. Be sure to check that the key safe is tested and independently approved by an organisation such as Sold Secure, as there are cheap versions on the market that can be compromised very quickly.

Key safes should always be located in a discreet place and not be obvious from the road or path outside.

Be Smart Security aware – Smart Security is growing in popularity and can be a useful aid to provide access to carers who may be coming and going through the day. But be careful to make sure that it is supported by tested and independently approved mechanical security measures.

The UK has for a long time had excellent security standards for mechanical security. However the first safety standards for smart locks have only just been published and as a result, none of the currently available smart locks have yet been tested against the new safety standards and therefore shouldn't be used alone.

User-friendly security – if the person you are caring for is suffering from reduced visibility or loss of strength in their hands, then they may struggle with locking up or manoeuvring handles.

Invest in key turners – plastic handles designed to attach to a key at one end, and rubber

WEBCHAT

Here's what you've been talking about on Facebook this week...

■ WHEN IS IT TOO HOT TO SEND YOUR CHILD TO SCHOOL?

No, I haven't thought about not sending my child to school in this weather.

Given the schools are winding down this is their fun time and I wouldn't want them to miss out by being stuck indoors.

Chloe Stevens

We have to accept this is our climate now, and get on with it.

Ann Crisp

If my place of work is open I expect the schools to be.

Keeley Kees Maynard

■ CLOSURE OF HARLOW PUB DRINKER MOTH WILL 'DEPRIVE LOCAL RESIDENTS OF A POPULAR AMENITY'

AFTER ALMOST 50 YEARS:

Was in here every weekend back in late 70's early 80's, it was a great pub.

Karen Johnstone

■ PLANS APPROVED TO BUILD 14 NEW COUNCIL HOMES IN HARLOW AS PART OF NEW PROGRAMME - AND INCLUDES BUILDING ON DERELICT GARAGE SITES:

It's all very well - but given the bad parking situation in a lot of these areas - I hope you are going to build the houses with their own driveways then?

Jeanie Caroline

■ PATIENTS OF FORMER HARLOW GP SURGERY OSLER HOUSE

ALLOCATED NEW PRACTICES FOLLOWING UNEXPECTED CLOSURE:

The knock on effect will be significant. It's hard to get appointments as it is. Ridiculous decision.

Deb Butler

■ HARLOW BRITISH HEART FOUNDATION FURNITURE STORE SET TO CLOSE AFTER ALMOST TEN YEARS DUE TO FALL IN CUSTOMER SPENDING:

It gets silly when you have more hairdressers in town than shops.

Samantha Batt

Depends what they put in its place.

Kelly Donoghue

I've heard it's going to be a



The British Heart Foundation shop in Harlow PHOTO: Google Maps

St Elizabeth's charity shop.
Tanya Hedges

Another empty shop, [it

will] be like a ghost town soon, all the best shops gone.

Karen Smith

Oh no - brilliant store, they have some great stuff at good prices.

Mollie Clements

handle covers which provide better grip. You could even invest in a remote locking system.

Invest in deterrents, like timed lighting – do your best to make the home look as busy as possible, particularly if the person is living on their own. Timer lighting helps make a house look occupied and can give the impression there is more than one person within the property.

A fake TV, which works on a timer to emit multi-coloured LED lights, works in the same way and uses less power than a standard lamp. Outdoor lights with motion sensors are an excellent way to deter thieves.

Keep valuables out of sight – if the person you are caring for owns expensive items that they do not wear or use frequently, such as jewellery and ornaments, keep them out of sight. Better still, invest in a professionally-installed safe.

Use a professional – it can be tempting to try and improve or install security measures yourself. But mistakes are easy to make and can cost more to fix in the long run, or even invalidate your insurance.

The MLA is recognised as the authoritative body for locksmithing by the police and our members undergo strict vetting, including criminal record checks, so you can be confident they have the knowledge, experience and integrity to keep you and your family safe and secure.

To find a local MLA accredited locksmith to review your loved-one's home security as well as further top tips and security advice, visit: www.locksmiths.co.uk.

Visit: www.soldsecure.com to find a list of independently tested and approved security products.

Dr Steffan George
Via email

CONTACT US

■ Please enclose your full address and daytime telephone number. Keep your letter to no more than 200 words. We reserve the right to edit material.

■ Email your pictures in JPEG format marked 'Your Views' Please add your name, where you're from and where you took the photo. We reserve the right to reuse pictures at our discretion.

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PHOTO
of the week



The water tower in Church Langley, Harlow taken by Kyri Menicou on July 1

TALKING POINT

Innovation, education and fining people is way to go

THE BIG QUESTION:

Is enough being done locally to tackle the issue of littering?



Litter left on the street

PHOTO: CircleEyes (Getty Images)

LABOUR

THE sad fact is that no matter what a local authority does, littering will happen. It is always a small minority who cannot use a bin, take it home to put in refuse or recycle, the drivers who just empty their rubbish on the road and sadly, the worst offenders, children.

So how do we deal with it? Do we throw lots of money at the problem or do we work with partner organisations and look at innovative ways to tackle the problem? As money's tight – we've lost almost 50 per cent of our funding from central government – that's not an option. So when people simply say, "more bins" how do we fund extra collections? We could employ more enforcement officers to fine people but that just becomes a vicious circle like parking fines and its less about dropping litter and more about making money.

So that leaves us looking at innovation, education and in worst cases fining people. Since Harlow's Labour Council formed HTS to manage the local and environment, innovation and education has been a key component of their remit. When we think of innovation, we always think of the latest technology but that's not always necessary. Simple things like moving the location of existing bins can have a greater impact.



John Strachan

HTS has spent time looking at patterns and are relocating bins to "hotspots" and this has been having a positive effect on the local street scene. That doesn't mean technology can't play a part, as reinvestment funds from HTS become available we could see compactor bins introduced, which means less emptying and possibly more bins in different locations at the same cost. They're also looking at ways to use barcodes\QR codes to understand when bins are full, so that they can be emptied outside of normal times.

Education will make the biggest difference. I live on a school run and I daily see children drop litter after walking past a bin. The Council with HTS and schools has been promoting The Keep Britain Tidy message as part of the citizenship studies and parents also need to reinforce this message if they don't already do so. Essex County Council started the Love Essex scheme with the #BINIT hashtag or face a fine from £75, which we signed up to, since it started we have seen a 41 per cent drop in littering across Essex.

HARLOW ALLIANCE

LITTERING is socially unacceptable and a problem which affects us all. The huge sums spent by councils clearing up litter could be spent on other services if only people would take responsibility for disposing of their litter.

This problem can be likened to leaving dog mess on paths and fields. Changes made to legislation in recent years has seen more and more dog owners now picking up their dog's mess and placing it in a dog waste bin or taking it home. Similarly, initiatives being taken to reduce the use of plastic bags and straws is another example of how people's perception about protecting the environment is changing.

One only has to visit a beach or park at the end of a nice day to see the place covered in litter by people who seem to have no regard for the environment. At the same time these very same people may have driven off in a electric car or used a cycle in their efforts to save the planet. A combination of



Nicholas Taylor

better education to understand the consequences of littering and the introduction of heavier fines will I am sure lead to a reduction in littering.

I think there is no doubt that HTS are doing a better job than has been done in the recent past to keep

Harlow looking cleaner and tidier and this is to be applauded. However, in the short to mid-term, more resources need to be put in place to tackle both litterers and rubbish dumpers so that residents feel a sense of pride in our town, which seems to have been lost in recent years.

WHAT QUESTIONS DO YOU WANT ANSWERED?

■ Every week, we'll be putting your questions to representatives of each of your main local parties. So get involved. Email your questions to get the issues that matter to you on the agenda.

EMAIL YOUR QUESTIONS TO COMMUNITY @HERTSSESSEX NEWS.CO.UK

YOUR CHARITY NEWS

Cambridge medical students to learn about palliative care

ST CLARE Hospice has been officially designated as a University of Cambridge Teaching Hospice by Dr Stephen Barclay, senior lecturer in palliative care at the University of Cambridge.

The role involves both medical director, Dr John Zeppetella, and deputy medical director, Dr Qamar Abbas, regularly teaching at the university's Clinical School as senior clinical tutors, as well as St Clare Hospice receiving Cambridge medical students on placement.

Explaining the hospice's role with the University of Cambridge Clinical School, Dr Abbas said: "Our role as a teaching hospice, and as senior clinical tutors, involves teaching around 15 days per year at the Clinical School, which is located in Addenbrooke's University Hospital, on a series of four topics throughout the year.

"Dr John Zeppetella and I teach on, symptom management, care of the dying, ethical issues and bereavement issues.

"As a teaching hospice we will receive 12 University of Cambridge medical students on placement this year, as they finish their fifth year of studying and after their exams, so that they gain some clinical experience at the hospice before starting their careers."

Commenting on the importance of teaching

palliative care to all medical students and newly qualified doctors, Dr Abbas said: "My view is that all doctors should have experience in palliative care, early on in their career.

"No matter what area they go on to specialise in, whether it is as a surgeon, a GP, or in cardiology, it is so important that they have experience in caring for those who are dying, and in how to speak to patients and their families about death.

"Patients and their families look to us, as their doctor, to be able to guide them and answer questions about death, often not knowing who else to ask about it.

"We need to be confident in speaking on this topic in a sensitive, kind and honest way, and it is so important to learn these skills and have experiences with those that are dying, very early on in your career.

"I genuinely believe it makes them better doctors and better in many situations where they have to have difficult conversations, not purely around death and dying."

St Clare Hospice will receive 12 University of Cambridge fifth year medical students in 2018, and expects to take even more students in the coming years.

In addition to these students, St Clare Hospice takes six newly-qualified



Dr Qamar Abbas, deputy medical director

doctors each year on a four-month placement, and two doctors who are undertaking General Practitioner training on a six-month placement.

Combined with the

students the St Clare medical director and deputy medical director teach each year in Cambridge, and on various seminars and teaching sessions at the hospice, it is

estimated that the hospice comes in to contact and teaches more than 100 newly qualified doctors or medical students each year.

For more information for

clinical professionals about the services and partnership opportunities with St Clare Hospice, visit: stclarehospice.org.uk/care/health-professionals

Hospice is looking to raise record funds with sales of pre-loved vinyl

Hastingwood-based charity, St Clare Hospice, is appealing for donations of vinyl and records for its specialist music and book store based in Bishop's Stortford.

The store's collection of vinyl is extensive, featuring works from throughout the 20th century through to more contemporary choices.

Clive Bilby, a regular customer who left an online review of the shop on Google in January 2018, said: "If you

like vinyl records or old vintage books, this is heaven. Prices are reasonable, and you can find some real gems here, even things like old gramophones.

"Staff and volunteers are very knowledgeable in their chosen fields, and are keen to help.

"There is ramp access and the layout is good. As it is all for charity, it is hard to fault it."

To donate your new and pre-loved vinyl, simply drop

it off to any of St Clare Hospice's eight shops located throughout West Essex and Bishop's Stortford.

For more information on St Clare's charity shops visit: <https://stclarehospice.org.uk/shop/shops/>

St Clare Hospice's specialist music and books shop in Bishop's Stortford is located at 10 Devoils Lane, Bishop's Stortford.

For more information visit: <https://stclarehospice.org.uk/shops/bishops-stortford/>



Jeff Hepting, manager of the Bishop's Stortford charity shop

YOUR EDUCATION NEWS

Judges rate school's 'teach, rest, play' ethos

LONGWOOD Primary Academy and Nursery has won the Employer of the Year award at the prestigious 2018 Tes Schools Awards.

The awards, celebrating their tenth year, recognise outstanding contributions made by education teams and individuals to help students around the country to succeed, both inside and outside the classroom.

Three principles lie at the heart of Longwood Primary Academy and Nursery's approach to staff development and wellbeing: teach, rest and play.

The school believes that teachers who find a happy balance between work and life outside school are the most productive and enthusiastic.

The 'teach' strand includes giving staff high-quality opportunities for enhancing teaching and learning, a structured development

programme and simplifying what is expected from teachers.

The 'rest' strand involves reducing workload and marking – in 2016-17 the school trialled a marking policy that has cut workload by 67 per cent. By restructuring the school timetable to add an extra 30 minutes onto the school day, teachers were given back 13 days holiday.

Finally, the 'play' strand is a staff wellbeing package that involves 'star days' – paid leave as a reward for high attendance and being great teachers. It also includes flexibility for employees to see their children's plays, and events for team building ranging from barbecues to ping-pong nights. Longwood has created an outside staff room to ensure that all employees get access to plenty of fresh air in a place where they can



Longwood Primary Academy and Nursery TES Employer of the year

relax, and it provides free healthy breakfasts and lunches.

The lead judge said: "The judges highly rated Longwood Primary Academy and Nursery's commitment to 'teach, rest, play' at the centre of its approach to

being an employer. Without a doubt, there is a dedication to supporting and developing professionals but also to caring for individual's welfare."

TES editor Ann Mroz said: "This was a record year for entries and the standard was

exceptionally high. The shortlists were particularly strong so all those who have won an award should be very proud – it's an extraordinary achievement. We salute each and every one of them."

The list of this year's categories can be found at:

<https://tesawards.co.uk/tessa2018/en/page/2018-winners>.

For more on the awards, profiles of the winners and photos from the evening, visit: tesawards.co.uk or pick up a copy of TES magazine, available in newsagents.

Adventurous pupils enjoyed independence on trip away from home

THERE was plenty of action and adventure for Year 6 pupils from Purford Green Primary and Potter Street Academy recently, when they visited Kingswood Activity Centre in Kent.

The three-day residential was the first time many of the children had been away from home and was a chance to try out new experiences and enjoy a taste of independence.

Among the range of daring activities on offer was abseiling, fencing, zipwire, 3G swing and the aerial walkway. For the bravest of all, the Leap of Faith presented pupils with the challenge of climbing to the top of a 10m pole before jumping to catch the mid-air suspended trapeze.

Year 6 teacher, Nick Newton, who accompanied the pupils, said: "The children learnt problem-solving skills and team co-operation, as well as improving their resilience and facing fears. Getting the two schools together was a great opportunity; the children got on really well and were a credit to us."

"Both sets of pupils came together, especially at the disco on the last night. They were all up dancing and towards the end of the evening a mass dance-off broke out among the boys! It was a great experience and wonderful to see the children overcoming barriers, doing things they wouldn't normally do and really supporting each other."



Potter Street pupils practising archery



A pupil from Purford Green bravely attempts the high ropes

Exemplary students got a taste of the harsh realities of the courtroom

A TRIP to Chelmsford Crown Court provided an insight into the realities of the criminal justice system for 13 Year 9 students from Passmores Academy in Harlow earlier this month.

The students, who are all studying GCSE Citizenship, had the opportunity to meet court ushers and prison officers and were allowed to observe live court proceedings.

Student, Mia Ginn said: "We watched a good presentation on how the legal process works, and got to see the cells and the bus which brings the defendants in."

"We saw the food they are given while staying there and learnt about how they can only be held there for as long as the court proceedings are going on."

"Also, we got to go into four courtrooms and observe the different cases. One of the trials was for a stabbing – we saw the defendant and that was pretty shocking."

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"A career as a lawyer interests me, but it was really good to see the other job roles as well and get a taster of what goes on there."

Passmores teacher, Claire Le Dain, who accompanied the students said: "They were quite shocked at how serious and formal the courtroom was, but they were very mature and learnt how to conduct themselves, such as not entering a courtroom when the judge is talking."

"In fact, the students' behaviour was outstanding – they really were great ambassadors for Passmores."



Students attended the GCSE Citizenship trip to Chelmsford Crown Court

Young maths mentors make their talents count to help others

CHILDREN took charge of lessons as the role of teacher was handed over to the pupils.

Maths mentors have been appointed at Cooks Spinney Primary Academy, in Harlow, with responsibility for supporting the learning of their peers, supporting their teachers, building a positive ethos towards maths and acting as role models.

Two children from each class in Years 1 to 6 were given the role. They stepped into the position of teacher and were tasked with running a whole lesson to the year group below them.

The mentors were presented with badges during assembly.

Assistant head teacher Luke Wildig said the idea came from a conversation among staff on how to challenge more able children further.

He said: "We believe that if children are able to explain a

concept – to teach it – they need to have a very deep, clear understanding on that subject area."

"We are doing this to encourage peer-to-peer learning, to build confidence among our pupils, to challenge our more able students and it will allow us, the teachers, to assess the children's in-depth understanding of mathematics."

"Children did an amazing job, they explained the learning very clearly and supported the children to achieve their targets in the lesson."

Every lesson was taught by pupils at the same time, with teachers acting as their co-educators.

The lessons were so successful, they are going to take place every half-term.

Reading mentors may be appointed in future to support the progress of reading across the school.



Cooks Spinney maths mentors

YOUR COMMUNITY NEWS

A dark, vivid commentary on capitalist London

HARLOW Theatre Company is opening its doors to some of London's finest and darkest characters later this month.

The Threepenny Opera by Bertolt Brecht is a vivid and dark political commentary on a capitalist London society, described as 'a play with songs' the production features the infamous 'Mack the Knife'.

Set in London, but not quite as we know it, the city is preparing for the Coronation of King Charles III. The parasitic Peachums are battling for power with Police Commissioner Tiger Brown, only their daughter didn't come home last night, and Mack the Knife is back in town.

The production brings together a new creative team for the company, and marks

the directorial debut for Mel Guest, who has been performing on stage locally for nearly 30 years.

"The Threepenny Opera presents a very big challenge," Mel said.

"It's an incredibly complex show and places a lot of demand on both the creative team and the cast. We have tried to keep true to Brecht's intentions of wanting theatre to make you think about the world and society you live in and bring to life the colourful characters that surround us daily.

"I'm grateful to be supported by a very experienced team and a very hardworking and talented cast – some of whom

currently work professionally. Joe Bishop, taking on the challenge of our leading man, Macheath,



Mac and Jenny

tours internationally as a professional dancer and Michelle Jimenez-Alder, playing one of Macheath's

many lovers, Low-Dive Jenny, has previously performed at the Royal Opera House. It's certainly

shaping up to be a show not to miss!"

The Threepenny Opera is running at The Victoria Hall

Theatre in Old Harlow from July 18 to 21. Tickets at: www.ticketsource.co.uk/harlowtheatrecompany

Harlow

■ SECRET GARDEN:

National Garden Scheme - Essex at 69 Rundells, Harlow CM18 7HD. Open Saturday, July 14 from 2 to 5pm.

Homemade teas. Admission £2.50, children free. This wonderful and very surprising small town garden featured as 'The Secret Garden' in Alan Titchmarsh's first Love Your Garden TV series.

The garden is very colourful. It is packed with shrubs, perennials, and bedding plants in over 200 containers and it just shows what can be achieved in a small space.

This is an exuberant garden set on different levels with a summer house, various water features and relaxing seating areas.

The garden is cleverly arranged on different levels and includes a summer-house which is sited perfectly to enjoy the exuberant planting.

There are various small, secluded seating areas and water features.

A small fairy garden has been added to give interest for younger visitors.

There are some steep steps. The garden is next to a large allotment and this is open to view with lots of interesting features.

Honey and other produce for sale (conditions permitting).

The garden is also open by arrangement for groups until October.

■ **FOOTBALL SPIRIT:** The Harvey Centre in Harlow is delighted to announce that they have set up a special area inside the centre, designated for football fans, as the competition in Russia reaches its climax.

Fans can go to The Terrace and enjoy screenings of the World Cup action, live in their football-themed zone for as long as England stays in the tournament.

Customers can enjoy the game and a variety of drinks from a bar laid on by Harlow Playhouse. Drinks available will include bottles of Peroni, Desperados, Kopparberg, wine and a selection of soft drinks.

The space offers groups of friends the opportunity to get together and enjoy the game and the great atmosphere that comes with it.

Bryan Young, Centre Manager at The Harvey

Centre said, "Football fever has certainly taken over the nation. We got off to an incredible start against Tunisia and then Panama and, while we didn't perform our best against Belgium, we have high hopes for the rest of the tournament.

"We wanted to create a space in the centre where people can relax with a beer and watch the footie with friends – fingers crossed we stay in the game as long as possible!"

Hunsdon

■ PILATES CLASSES:

Mondays, 2.30 to 3.30pm in Hunsdon Village Hall. Friendly and welcoming classes. Pilates helps you achieve a balance of mind and body plus focusing on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture.

For more information or to book your complimentary trial class (limited places) new attendees can call Anne at Active Health Pilates and More on 07717 333234 or email: activehealthpam@gmail.com

Sandon

■ **GREEN FINGERS:** Sandon Gardeners' Club meets every second Monday of the month at Sandon Village Hall at 7.30pm.

If you have an interest in gardening, go along and join. New members are always welcome.

Contact chairman John Handley at: johnhandley5@btinternet.com for more details.

Sawbridgeworth

■ MORRIS MEET:

Fiddlers' Brook Morris meet every Tuesday at 8pm at Allens Green Village Hall near Sawbridgeworth. Newcomers are welcome to go along and give it a try for fun, exercise and friendship and to help keep a tradition going. Musicians also welcome. Call 01279 723707 or email: neilandgillmunro@aol.com or see their Facebook page.

Standon

■ **TEEN DANCE:** DDMIX (Diverse Dance Mix) dance

fitness classes are held every Wednesday at Standon Village Hall for teenagers between 5.45 and 6.30pm, term time.

No dance experience is required, just lots of enthusiasm and a pair of trainers. It costs £5, which can be paid on the door each week. Call Julie on 07971 699615 or visit: dancejamacademy.co.uk for more details.

■ **FIT FOR ALL:** Pure Stretch releases muscular tension, develops core strength, and reduces mental and physical fatigue.

It is suitable for everyone, easy to follow, sociable and light-hearted. Call Denise, your local fitness instructor, for times and classes on 01920 823072 or 07703 277862.

■ **CREATIVE LITTLE ONES:** Art, craft and messy play classes are held for under fives. The sessions are held on Wednesdays between 1 and 1.45pm at Standon Village Hall.

Go along and have some creative fun with your little one. Email Becky to book a free trial at: artexplorers1@gmail.com or visit:

www.artexplorers.co.uk for more information.

■ **MUSICIANS AND MOVERS:** Put a jingle in your step and become a morris dancer. Have a bash at Cotswold dance traditions with Standon Morris at practice sessions on Thursday evenings. The mixed side welcomes anyone from 10 years old upwards. No experience necessary, and it is free. The group gathers from about 8pm onwards in The Star before heading down to Standon Village Hall at 8.30pm. Musicians are also needed to play.

To find out more, call Catherine on 07808 969379 or send an email to: standon.morris@gmail.com

YOUR NEWS

■ We compile our Community News pages two weeks in advance of publication. If you'd like to include a future event please make sure you tell us in plenty of time so our readers can come along.

Free family fun day will bring the sunshine into the Harvey Centre

THE Harvey Centre is all set for some seaside fun at their free summer event on Saturday, July 21.

The event will see the centre transformed into a seaside paradise – complete with palm trees, surf boards, deck chairs and parasols, plus shells, crabs, lobsters and starfish.

Children will be able to decorate and personalise their very own T-shirts with fabric pens, glitter and stick-on gems – to wear with pride on their next day out at the beach or all summer long, while they play with their friends. Then they'll be able to totally embrace that summer vibe with a fun glitter tattoo or festival-style face decoration.

There will be a variety of seaside-themed games of skill to keep the kids entertained, including 'hook a fish' with great prizes to be won, as well as 'hoop the

seal'.

Families will also be able to enjoy some fabulously fun seaside-themed photo opportunities – including one with the centre's visiting dolphin Flipper. Plus, Freddie the Fish will be making appearances throughout the day for hugs, high fives and selfie snaps.

All the activities will run between 11am and 4pm in the centre's first floor dining area, The Terrace, and will be completely free to participate.

Bryan Young, manager at The Harvey Centre said: "We're really looking forward to our summer beach party. It's sure to be a day for the whole family to enjoy, with lots of activities for everyone to take part in.

"The weather has been glorious so far this summer so we wanted to respond to this and bring the beach to the people of Harlow."



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Families will also be able to enjoy some fabulously fun seaside-themed photo opportunities

The centre will be transformed into a tropical paradise

FILM REVIEWS

With Damon Smith

ALSO OUT THIS WEEK



Dwayne Johnson in *Skyscraper* Photo: Kimberley French

SKYSCRAPER (12A)

WAYNE Johnson channels the spirit of Die Hard-era Bruce Willis in a vertiginous adventure thriller directed by Rawson Marshall Thurber, who previously worked with the leading man on the hit action comedy *Central Intelligence*.

Will Sawyer (Johnson) is a former FBI Hostage Rescue Team leader, who lost one of his legs in the line of duty. Sarah (Neve Campbell) was the attending surgeon that day and Will fell in love with her during his hard-fought recovery.

Ten years later, Will and Sarah are married with a sassy daughter Georgia (McKenna Roberts) and a young son Henry (Noah Cottrell).

The doting father has retired from the FBI and is working instead as a security expert, who has just been hired by Zhao Min Zhi (Chin Han) to offer his assessment of The Pearl, one of the tallest superstructures in the world.

Sarah and the children become the first family in the residential section of the building while Will carries out his vital work.

A group of terrorists storms The Pearl and sets the 96th floor ablaze. Sarah and the children are trapped above the raging inferno and move towards the roof to stay alive.

Meanwhile, Will puts his FBI training into action to leap from a crane into the building and outwit the terrorists, who have an ulterior motive for storming The Pearl.

FIRST REFORMED (15)

ETHAN Hawke delivers an uncompromising lead performance in Paul Schrader's divisive drama, which tests the faith of a man of the church until he finally cracks, with devastating consequences.

Ernst Toller (Hawke) is a former chaplain in the military, who silently wrestles with the guilt of persuading his only son to serve in Iraq.

The young man was killed in the line of duty and every day Ernst bears the burden of grief while tending to his flock at a close-knit Dutch Reformed church in New York.

One of the congregation, Mary (Amanda Seyfried), approaches Ernst for guidance.

She is pregnant with her first child but her environmentalist husband Michael (Philip Ettinger) doesn't want the baby. Michael believes the Earth is doomed and he doesn't want to be responsible for rearing a child on a dying planet.

Ernst agrees to speak to Michael and inspire the husband to keep his faith. The reverend's intervention has unexpected repercussions that compel Ernst to question his devotion to The Bible.

His internal conflict coincides with the church's 250th anniversary reconsecration ceremony, which is being financed - controversially - by oil company chief executive Ed Balq (Michael Gaston).



Helen (Holly Hunter) and Bob (Craig T Nelson) have to combine superheroics with family life in *Incredibles 2*

Photo: Disney/Pixar.

FAMILY MATTERS

INCREDIBLES (PG)

★★★★★

The odds of a lightning strike on the same spot, 14 years apart, are astronomical so perhaps we shouldn't be surprised that the long-awaited sequel to Disney Pixar's masterpiece falls tantalisingly short of the genius of its predecessor.

Of course, this is the animation studio which recently delighted and astounded us with *Inside Out* and *Coco*, virtuoso fables pictures of dazzling visuals and heartbreaking emotion, which prove anything is possible if you dare to dream.

Incredibles 2 is bigger in scope and ambition than the original and boasts thrilling action set-pieces as well as a familiar menagerie of endearing characters including diminutive fashion oracle Edna Mode voiced by writer-director Brad Bird, whose ability to scene-steal has not waned since 2004.

The sequel exploits the burgeoning powers of the youngest and cutest member of the Parr clan, baby Jack-Jack, for uproarious laughs and there are some terrific sequences in which the adorable toddler cycles

through his various powers to the mounting dismay of his exhausted father.

A rough 'n' tumble encounter between Jack-Jack and a thieving raccoon in the family's backyard is a tour-de-force of slapstick and visual gags, reaching a delirious crescendo when the baby starts firing green lasers uncontrollably from his eyes and his four-legged opponent realises that a garden parasol is no longer a safe place to launch an aerial attack.

The second film begins after the dust has settled from the

epic showdown between villain Syndrome and protectors Bob Parr aka Mr Incredible (voiced by Craig T Nelson), Helen Parr aka Elastigirl (Holly Hunter) and their children Violet (Sarah Vowell), Dash (Huck Milner) and Jack-Jack (Eli Fucile).

Public affection is waning for the Superhero Relocation Program overseen by Rick Dicker (Jonathan Banks), which would make the Parrs obsolete.

Thankfully, ardent fan Winston Deavor (Bob Odenkirk) and his techno-savvy sister Evelyn (Catherine

Keener) believe they can turn the tide and they propose that Elastigirl fronts an aggressive publicity campaign while Bob takes care of Jack-Jack.

A masked menace called Screenslaver emerges from the shadows and threatens the safety of the metropolis.

Elastigirl races into the melee, flanked by a motley crew of superhero wannabes comprising Krushauer (Phil LaMarr), HeLectrix (also LaMarr), Reflux (Paul Eiding), Voyd (Sophia Bush), Brick and Screech.

Incredibles 2 overcomes a sluggish opening 15 minutes to rediscover some of the old magic.

Bird's sequel is effortlessly entertaining and when the script hits its mark, guffaws come thick and fast but memories of the flawless original film temper enthusiasm for this return to dysfunctional super-powered family life.

The main feature is preceded by the adorable and disturbing animated short *Bao*, directed by Domee Shi.

This contemporary riff on *The Little Gingerbread Man* tests the bond between a mother and her unconventional child: a steamed bun, which magically comes to life. Yummy.



MUSIC

RIDING THE WAVE

After topping the charts in 25 countries with one of the best-selling songs of the 1980s, you may have thought that success would have gone to many singers' heads. Not Rick Astley, it would seem.

"I knew I wasn't cool. I just wasn't. Look at the videos!" a relaxed Astley, 52, laughs in a small sitting room upstairs from an upmarket London restaurant on a boiling hot day.

The bequipped singer seems totally at home reclining in an armchair as sunlight pours in through the window next to him.

Throughout our conversation, Astley is friendly and self-effacing as he reflects on how much pop music has changed since his enduring classic *Never Gonna Give You Up* arrived 30 years ago.

"The sharp end of the business where I made my break still exists today. I think it is slightly different because I think pop is cooler than it was then.

"If you look at successful artists like Adele and Ed Sheeran, they are pretty cool as well.

"It's not like going back to the days where it was bright and breezy. They can sing really sincere, even dark songs with heavy lyrics and still be the biggest artist in the world.

"In terms of myself and how I would have fared now, I just think it was a very different time.

Cool

"I'm not saying that *Never Gonna Give You Up* is uncool. I'm saying I wasn't cool. I think there is a distinction there."

Under the guidance of production team Stock Aitken and Waterman the Lancastrian quickly shot to stardom.

When asked if he ever pushed back from the way he was marketed, Astley replies: "There was no time for that.

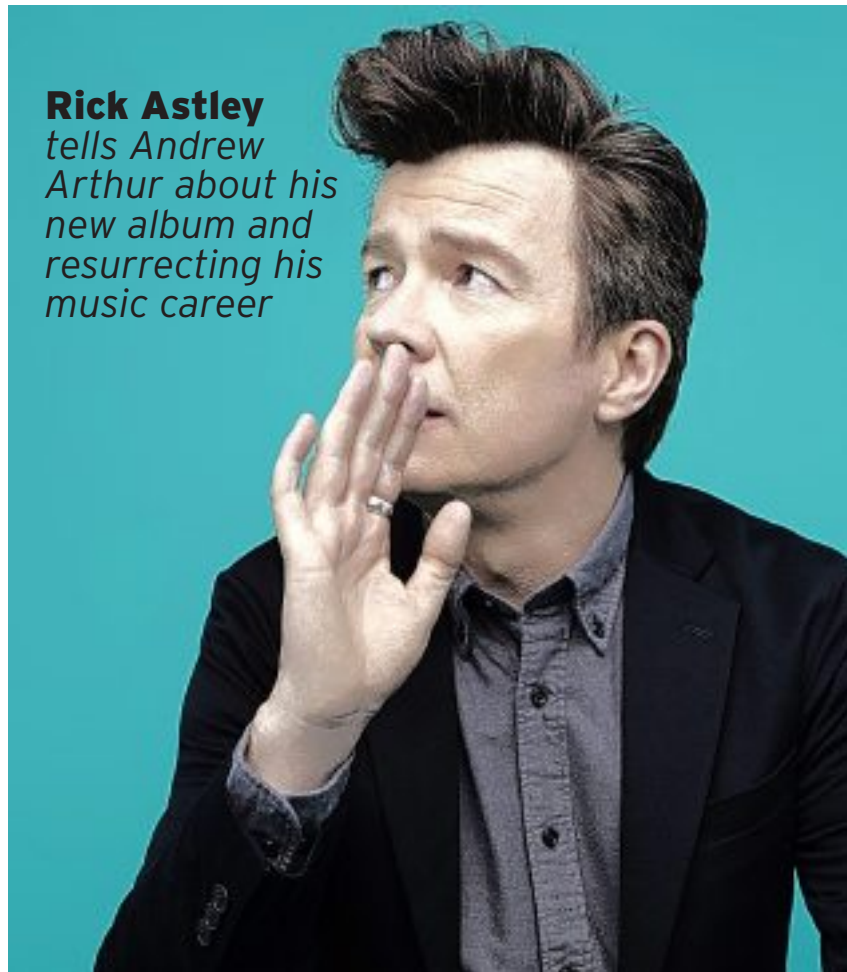
"The first time I went on *Top Of The Pops*, I turned up in a jacket I bought while doing a radio promotional tour in Scotland and found myself on TV in front of 12 million people!

"There was no kind of styling or strategy for how we were going to do this – and that's true today, folks!"

Astley is currently riding the wave of what many would have thought an unlikely comeback. He is set to release a new album, *Beautiful Life*.

It's the follow-up to the platinum-selling 50, his first LP to reach number one in the UK since his debut *Whenever You Need Somebody*.

Rick Astley
tells Andrew Arthur about his new album and resurrecting his music career



On his recent success, Astley again strikes a modest tone.

"One of the main things I learned while touring the last record was people who get to a certain age still want to have a dance.

"It made me feel free to write some more uptempo tunes.

"I was writing the last one to hear it, so I think lyrically I didn't even give it a second thought.

"It was a bit like my midlife crisis project and then we ended up having a number one album!

"On this one I've been a bit more conscious that people are actually going to hear it, hopefully!"

That Astley is still releasing new material is remarkable given that aged 27 he retired after selling 40 million records.

Disillusioned by the business side of the industry, Astley swapped the spotlight for family life to raise daughter Emilie with his Danish film producer wife Lene Bausager.

During that time Astley says he was "happily invisible" as he explains why he turned his back on fame.

"It is a daft and silly business. After doing it for five years I never fell out of love with music.

"I've always had a studio to potter about in. But the idea of having a major record deal and trying to have a worldwide hit record, knowing what that takes up of you as a person, I just wasn't willing to carry on.

"I got sick of it and the business and the public probably got sick of me. It was a good time to stop."

Astley was inadvertently thrust back into the public eye as the subject of the internet viral sensation known as "Rick-rolling".

Internet users were sent a link to a video that claimed to be something else but then cuts to the video of *Never Gonna Give You Up*. Millions of people were tricked by the online prank.

Astley is still wedded to *Never Gonna Give You Up*. Despite having clocked up eight other UK top 10 solo hits, he doesn't resent his signature tune.

"I genuinely don't get sick of it. I didn't sing it for so long and that's helped me with it. It may have helped the song too because I haven't been to the opening of an envelope or hanging out at every this, that and the other."

While he is disparaging of himself, Astley never criticises the song he says has only ever been good to him.

"If it gets played in a bar here, it's not like it comes on and it sounds really naff. Well, I'm sure some people think that. But in terms of the general sound of it, I don't think it's uncool at all."

■ Rick Astley's new album *Beautiful Life* is out on July 13. He will tour the UK in the autumn and plays Southend's Cliff Pavilion on Monday, November 5.

LIVE MUSIC



■ Brentwood Festival, Brentwood Centre, July 13-15

Brentwood Festival is back with another top line-up this weekend with three days of great bands from Friday through to Sunday. The event kicks off on Friday with former M People singer Heather Small headlining while *Imagination* featuring Leee John will get the party going. On Saturday, *Squeeze*, above, one of the great British pop bands, will be topping the bill with ex-Fine Young Cannibals Roland Gift also on the line-up along with *Exposé*, *Abba Fever*, *Sam Callahan*, *The Kubricks* and many more. Finally on Sunday, there's top notch indie pop from *Scouting For Girls* and *Toploader* and other acts include *The Dualers*, *Band Theft Audio*, *Faux Fighters* and *F.O.X.* For more details and tickets, go to brentwoodfestival.co.uk

DOWN THE PUB



When someone at *Doojip* shared the band's live version of *I Can't Explain* to *The Who's* official page, *Daltrey* et al were highly impressed. It must be said that watching the *Southend* four-piece, above, with their high energy act, is a great way to relive our 1960s youth (if we had one and can still remember it). *Doojip* make a rare appearance at the *Spa* in *Hockley* this weekend.

Gigs for July 13-15

■ **Star & Garter, Moulsham Street, Chelmsford:** Saturday - Fast on the Draw

■ **The Bull, Colchester:** Saturday - Tantric Zoo

■ **Cricketers, Southend:** Saturday - Saviours

■ **Horse & Groom, Braintree:** Friday - The Curfew

■ **Waggon at Wix:** Saturday - Mr Spankey & The Hipthrusters

■ **Golden Fleece, Chelmsford:** Friday - The Hit List; Saturday - Red Leaf

■ **Railway Hotel, Clifftown Road, Southend:** Friday (8pm) - Steve Hooker

■ **Boars Head, Braintree:** Saturday - Enemy of the Lion

■ **Cow & Telescope, Southend:** Friday - Exposé; Saturday - The Strides

■ **Cock Inn, Bishops Stortford:** Saturday - Not My Circus;

■ **Smugglers Den, Hullbridge:** Saturday - Lord Toffingham

■ **The Spa, Hockley:** Saturday - Doojip

■ **The Swan, Wickford:** Saturday - Naked Apes

■ **United Brethren, New Writtle Street, Chelmsford:** Saturday - The White Gospel

SOUND OUT

Nile Rodgers:
playing on through
the good times
and the bad

He is behind some of the biggest hits of the past few decades. Now Chic's guitar hero tells **JOE NERSESSIAN** about surviving cancer twice, caring for an ailing mother and why his music appeals to the young



Chic in 1979: Bernard Edwards, Nile Rodgers, Tony Thompson, front left, Luci Martin and Alfa Anderson and above, Nile on stage at Glastonbury last year with singers Kimberly Davies and Folami

AN AIR of cool surrounds one of the greatest producers, guitarists and songwriters of the past five decades.

I caught up with Nile Rodgers on the phone from his home studio in Connecticut. He is remarkable company, even 3,300 miles away over a crackly line. He reels off numerous Miles Davis anecdotes (with a fantastic impersonation) and heaps praise on a number of British artists he's worked with recently.

But largely the 35-minute conversation is dominated by an astonishingly open discussion about the 65-year-old's latest cancer battle and his ailing mother.

He was born Nile Gregory Rodgers Jr in September 1952 to Beverley Goodman, who fell pregnant with him when she was just 13. Along with his stepfather, Bobby, she was a heavy heroin user and Nile left home at 14.

A year later, he picked up a guitar and his life changed forever. An astounding musician emerged, a pioneer of disco, funk and ultimately dance music. From helping David Bowie discover his groove in 1982 to unmistakable guitar on top of a tight bass on Daft Punk's *Get Lucky* in 2013, Nile still has it.

He beat cancer in December for the second time. In 2010, Nile was diagnosed with an aggressive form of prostate cancer and became vehemently public with his treatment. He started a blog providing almost daily updates, giving birth to an online community. Survivors, sufferers and relatives who had lost loved ones shared stories and messages of support.

He found it beautiful, but also emotionally overwhelming and recalls the death of one friend in particular. This "hot girl who

worked at the hippest clubs in New York City," he says in a typically sexy Nile tone. At the funeral, her husband approached him in tears and revealed he had been reading to her from the blog when she died.

"The last words she heard were mine," he says. "The blog helped me to not worry about myself so much but I stopped doing it because people were depending on me more than I wanted them to."

"I'm not a cancer expert, I'm not even a Nile expert. I'm a Nile journeyman novice." Pausing, he continues: "It was killing me, it made me feel that I didn't have to walk that journey alone. But then people started to want me to hold their hand through the journey and that became a little bit painful when people started to pass away."

It's been 25 years since the last Chic album and over the past four years Nile has been promising the album named 'It's About Time' is just around the corner. He reiterates that message of hope, describing the album as "pretty much finished" and says his latest task is to find a video director to expand its concept.

In fairness, the delay is understandable. Aside from beating cancer and his production duties with a whole array of artists, Nile has also been caring for his mother, who has been placed in a facility to deal with her stage five Alzheimer's.

"I don't have peaceful days any longer," he says. "I wake up every morning and see nothing but a shell of that person I knew. Or I get her on the phone and she can only talk about the most frivolous subjects. This woman was mega intellectual, it breaks my heart."

"She just wants to be around people. She wants to tell her story.

And she tells it over, and over, and over, and over, and over again. But that's what she seems to cherish more than anything – just engagement."

He finds himself growing anxious when at the facility and – praising the blessings music has offered him – says he often starts playing guitar to calm the nerves.

Extremely appreciative of his gift, Nile has managed to sprinkle his gold dust on dozens of artists. From Bowie to Diana Ross to Madonna and Daft Punk, his eclecticism is somewhat ridiculous. He's always worked regularly in Britain but it seems to have heightened in recent years as he headed to the studio with the likes of Laura Mvula, NAO, Mura Masa and Sigala.

He says he cannot believe NAO is not "the biggest star in the world". Quietening his voice into almost a squeak, he adds excitedly: "She's amazing. I had her singing all these different ideas for hours and hours and hours and she just didn't stop. It was incredible."

The oldest of the acts he cites is Mvula, at 31, and I question whether he always surrounds himself with younger creatives to

keep his finger firmly on the pulse.

"It's no more important to work with them than it is to work with older artists," he says.

"When I was younger, I didn't think the world was going to implode. I didn't think my mum was going to die. I didn't think I'd have cancer. I just thought about expressing myself through music."

"And I appreciated others who did the same, and maybe that's why the music I'm making on the most part sells to youth because the problems of the world don't distract them as much. That's the wonderment, and the great part of being young."

"You can be young and idealistic and when you're doing something, even if that thing may not move the needle, inside it makes you feel like a million dollars."

■ Go to nilerodgers.com for summer tour dates.



FLORENCE + THE MACHINE - HIGH AS HOPE
★★★★★

THIS fourth record is up there with its predecessors. Every song is bursting with intimate honesty and love and care, each a standalone example of brilliance.

Welch lays herself bare on *High As Hope*, singing about her battle with an eating disorder on *Hunger* and her days of partying hard, *Forever*, where she sings about being "young and dumb and stumbling in the street". There is a climactic highlight in *Big God*, a rich, love-laden, chunky effort that reverberates through your head and heart, and sounds like an audition for a James Bond theme tune.

GOLDFRAPP - SILVER EYE (DELUXE EDITION)
★★★★★

IF you wanted something radically different you won't find it here. *Silver Eye* is Black Cherry: Part 2. A mix of perfect pop blended with social commentary. Any more is instant gratification: just like fast food, it's over as soon as it gets started and leaves you before you're ready. Systematic would be another great pop song, if it had been recorded by anyone else, but here it feels like it has been somewhat dialled in.

The strongest track is *Ocean*, a pure 80s dark synthpop tune. The remix on the Deluxe Edition features label stablemate Dave Gahan and he lends a perfect juxtaposition to Alison's crystal cut voice and gives the piece even more weight. *Silver Eye* is very much a return to the glory days for Goldfrapp.

YEARS & YEARS - PALO SANTO
★★★★★

YEARS & Years trio – front man Olly Alexander, Mikey Goldsworthy and Emre Turkmen – have delivered an album that's filled with layered pop. Every song on this album takes you deeper into a world of electro pop that's not just catchy tunes and earworm lyrics but, rather, has a lot of heart.

The album kicks into high gear from its second track, *Hallelujah*, and then tracks such as *All For You* mark those signature sounds that are catchy and memorable. The slower tempo of *Hypnotised* does what its name implies and will have you wanting more. If *You're Over Me* has chart-topping written all over it and *Preacher* is a perfect summer anthem that'll get you up and dancing.

This is an impressive second offering of memorable music.

HOTSEAT

It wasn't easy for me to go back into these prisons, having spent 12 years **fighting** to get out of one...

What can people expect from this documentary series?

AN insight into some of the, if not the, toughest prisons in the world, and looking at the conditions and types of prisoners that you find, the crimes they've committed, and the punishments they've received.

The programmes are about me taking on the persona of a prisoner for seven days in each one.

With what you have experienced, (Rowe was convicted in 1990 of murder and robbery as part of the so called M25 Three) why did you put yourself through that?

IT wasn't an easy ask for me to go back into these prisons, having spent 12 years of my life fighting to get out of them as an innocent man.

But I thought it was important I brought credibility and authenticity to these programmes, where I could explore some of the most pressing issues around the world about how

Raphael Rowe was put behind bars for a murder he didn't commit. Now, for a new documentary series, he experiences the brutal conditions prisoners face in countries like Brazil and Ukraine. **GEORGIA HUMPHREYS** finds out more

we deal with prisoners and the punishment, what works, what doesn't work and what needs to change.

How did you mentally prepare yourself?

I SUPPOSE by taking each moment as it came. My expectations started at rock bottom. I didn't know really what to expect. Each prison I walked into had a different feel about it.

Although we have a format to the programme, we didn't have a set plan on who we would interview and who we would meet and how they would respond to us because apart from the guards that provided us with some

security, we didn't take a team of security people with us.

What was it like being so open with the prisoners and telling them your story?

ON the one hand, there were times when it was quite crucial that the team I was working with didn't reveal to the prisoners ahead of me going in that I was an ex-prisoner myself, so that they would talk to me as if I was a novice. Therefore they would try to educate me about what life was like and then, those that did know or found out during those conversations, it resonated with them that I had some empathy, some understanding of what it is like to be locked up and what experiences you go through and the things you witness.

What's the most shocking thing that has stayed with you since filming this series?

IT'S hard to pick one, but I think key was the conditions. In some of these prisons, they are so grim, they're so appalling, it's harrowing to think that human beings are kept in these conditions.

You know, these guys slept on concrete slabs, with no blankets, no mattress, nothing to lay on, so that in itself was hard. And I'm not talking about for days - I'm talking about for weeks, and months and for many, in

places like Papua New Guinea, for years they can be sleeping on just concrete floors. And then there is this constant use of drugs and violence. It was always a threat.

Can you tell us about your experience in the Ukraine prison?

I MET many prisoners [in Ukraine]. But waiting to meet one of the world's most prolific serial killers, a guy called Serhiy Tkach, was one of the most daunting moments.

When this elderly guy walked into the room and was put into a cage before I could interview him, I was so apprehensive. I didn't know what he looked like, I didn't know what to expect and there was this granddad, if you like, in front of me with the coldest eyes I've ever seen.

Were there moments in the series when you thought 'I can't handle this anymore'?

THERE were times when I just wanted to get out.

The conditions - the overwhelming heat, the smell, the lack of food, and all those things - there were times, especially when I was hearing the harrowing stories of the murders they committed or the rapes they committed or the crimes they had witnessed in prison, and also the threat, that was not directed at us, but there was always an element of intimidation from some prisoners

who didn't want to engage in what we were doing.

Have you been able to forgive the people who wrongly imprisoned you?

I DON'T necessarily forgive those who were directly involved in knowing that I was innocent and yet still went ahead and fitted me into the crime. But I don't carry that bitterness with me or I wouldn't have been able to survive on the outside.

I did 12 years inside and I was bitter and twisted during that time, but since I've come out I've tried to show that you can still be a success, you can still make something of your life despite your experience.

■ Inside The World's Toughest Prisons is available on Netflix now

“

Waiting to meet one of the world's most prolific serial killers was one of the most daunting moments

Raphael Rowe



Raphael in a holding cell

FOOD & DRINK



**SHORTBREAD,
BUT NOT
AS YOU
KNOW IT**

INGREDIENTS:

(Makes 24-28 shortbreads)
240g butter, at room temperature
120g icing sugar
360g plain flour
1 vanilla pod, seeds scraped out
½tsp flaky sea salt
For the coating:
2tbsp sumac
2tbsp granulated sugar

METHOD:

1. Use a food processor or an electric mixer with a paddle attachment to work the butter, icing sugar, flour, vanilla seeds and salt until the mixture just forms a ball of dough. It takes a while to come together, so don't lose faith. Once it has formed, turn the dough out onto the work surface. Divide into two pieces and shape each one into a log – I prefer to make it rectangular but it is tasty in any shape.

2. For the coating, mix the sumac and sugar on the work surface. Roll the log in the sumac-sugar to coat all over, then place in the fridge to set for at least one hour (or freeze it until you want to bake them).
3. Heat your oven to 190 degrees C/170 degrees F/gas mark 5. Line two baking trays with baking paper. Cut each log into 12-14 slices and place them flat on the trays.
4. Bake for 10-12 minutes until light golden, then remove from the oven. Leave to cool on the tray before eating.

**SUMAC AND VANILLA
SHORTBREAD**

ELLA WALKER meets the Honeys, aka husband and wife chefs Sarit Packer and Itamar Srulovich, on the release of their third cookbook

MIDDLE Eastern food has entered the mainstream – who isn't addicted to dredging pitta through craggy mounds of hummus? Who doesn't scatter pomegranate seeds on everything?

But there's more to the cuisine than chickpeas and jewel-like fruits, as you'll know if you've picked up Itamar Srulovich and Sarit Packer's first two cookbooks.

The husband and wife duo, who hail from Israel, run three London stores and restaurants under the banner Honey & Co., but their new cookbook, *Honey & Co. At Home*, lets loose recipes from their private lives.

It's what the Honeys (as they're affectionately known) are calling a "fluke book". They were meant to be writing a recipe collection about their deli, Honey & Spice "but when we started collecting the recipes we were interested in," says Sarit, "we were like, 'This is nothing to do with Honey & Spice, this is to do with us and how we eat, and how we entertain people'".

Writing it was a process of rediscovery, because, after 15 years in professional kitchens and then launching Honey & Co. there hadn't been much time for home cooking and entertaining.

They'd never even had weekends, and "it takes skill to do a weekend properly," says Itamar. "We're getting quite good at them now," adds Sarit. "Our life is starting to get back to normal, and we're spending more time at home and with each other again."

It's just food... it's not rocket science

Sharing that, in recipe form, just made sense. "Spread the joy," says Sarit. "It's just food, it's not patented, it's not magic, it's not rocket science. If we enjoy it, and then someone else makes it and enjoys it – perfect."

There are the potato and feta fritters drizzled in thyme honey that Itamar calls his "secret weapon" and the tinned tuna cakes they are forever dipping into their store cupboard to make after a long day.

The book is woven through with stories and memories too, which are inseparable says Sarit, "or it is just sustenance". Itamar tells of eating grilled anchovies in Greece, of picking figs in the

Baleaic Islands, and most charmingly, of their two weddings – an elopement to Cyprus, where they got hitched in a town hall above a KFC, and a party back home in Israel. "It was such a disaster," he recalls happily.

They both still cook every day, but you're unlikely to find them in their kitchen at home together. "Yep, is the long and short of it," says Itamar when asked if it leads to arguments.

Their domestic kitchen is lined with books on garage-like shelving. "There's a lot of light and plants, everything is pretty much on display," says Sarit.

There's no fancy equipment, no bizarre gadgets – what they cook at home, even though they're chefs, you can do at home too.

"Usually you learn to cook with someone," says Itamar, musing on the whole idea of following a recipe. "Written instructions is



Sarit Packer and Itamar Srulovich

reverse engineering, if you know what I mean. Someone cooked this, and you want to recreate it, and this is the set of instructions; so you are in a literal way repeating the actions that someone broke down and wrote down so the result would be the same.

"That's a very intimate thing, because, even with fiction, you will read it, but it will stay contained in your imagination, it's not going to be 3D in your kitchen, in your home."

"This is why the background, the stories and the culture [behind a recipe] is so important, because you are going to not only make the food that

someone made, eat the food that someone ate, but actually do the same things in the same order as someone else, because you trust them to give you nice food at the end of it – that's so incredible to me."

The Honeys will be spending the summer demonstrating recipes from the book and appearing at festivals, and then it's back to work with their kids (that's what they call their restaurants) and the Honey & Co. team.

■ *Honey & Co. At Home: Middle-Eastern Recipes From Our Kitchen* by Sarit Packer and Itamar Srulovich, Pavilion Books, £26. Photography Patricia Niven.

THERE'S a bottle of sparkling wine displayed in a centuries' old cellar in the north of Italy, behind locked gates, which marks a moment in history for the wine region Franciacorta.

I'll bet you think of prosecco when you think of Italian sparkling wine. I'm asking you to put Franciacorta on your radar.

It is made in the same traditional way as champagne, in the heart of Lombardy about an hour from Milan.

Nobleman Guido Berlucchi and oenologist Franco Ziliani first spotted the sparkling wine potential of the landscape and the result of their collaboration was the vintage of Franciacorta in 1961. The bottle in Berlucchi's ancestral home is the last remaining bottle of that vintage.

RAISE A GLASS

WITH JANE CLARE



The rest they say is history. In 1990 the Franciacorta Consortium was formed and in 1995 the region was awarded DOCG status (the top recognition for Italian wines); in 2017 the region sold 17.4 million bottles.

In Franciacorta, sparkling wine production, a base wine (the only grapes allowed are chardonnay, pinot noir and pinot blanc) has a second fermentation in bottle with added sugar and yeast. Then the wines are left to sit on the

lees (the dead yeast) for many months to develop flavour and texture.

At Ferghettina winery I saw baby-blush rosé wines, all pink and perky in a line waiting to be bottled. The bottles were upside down, the lees clustered at the neck (about a centimetre deep) waiting to be removed before final bottling and labelling.

I shared a few tastes at Ferghettina and one of my favourites was that very style of pink, *Ferghettina Franciacorta Brut Rosé DOCG* (£29.66, Tannico, co.uk, 12.5% abv, left) in a distinctive square-based bottle, which allows more flavours to develop. It has tickles of strawberry,

redcurrants and lemon.

In all the Franciacorta wines I tasted, the landscape was there too; a lick of the lips brought a salty note and there was minerality in the mouth.

There's a selection of wines from Berlucchi at Tannico, including *Franciacorta DOCG '61 Brut* (£21.98, 13% abv) which is 90% chardonnay and 10% pinot noir, which is crisp with apples and pears and velvety in the mouth. Also seek out the classy bottle designs of Contadi Castaldi. Their *Franciacorta Brut DOCG* (£21.14, Tannico, 12.5% abv) is fresh, fruity, with spring blossoms and lime.

On your Big Shop look for *Tesco Finest Franciacorta Docg Brut* (£15, 12.5% abv,

below) with its ripe fruit and citrus flavours and a hint of brioche. At Ocado *Fratelli Berlucchi Brut 25 Franciacorta DOCG* (£24.95, 12.5% abv) is so-named "25" because of the number of months that pass from grape to glass.

Try sipping a glass of sparkling Franciacorta throughout dinner, not just as an aperitif. It's what they do in Italy. Enjoy.

■ For more, go to franciacorta.net @FranciacortaUK (Twitter) and @Franciacorta (Instagram) and the hashtag #blendofpassions

■ Jane is a member of the Circle of Wine Writers. Find her on social media and online as One Foot in the Grapes.



INGREDIENTS: (Makes 6)

For the dough: 300g flour, 1tsp sugar, 1tsp salt, ½tsp freshly ground black pepper, 1tbsp nigella seeds, a pinch of cayenne pepper, 15g dried active yeast, 1tsp honey, 150g yoghurt

For the filling: 100g feta, 50g yoghurt, ½tsp dried oregano, ½tsp sumac (you could substitute with zest of 1 lemon)

For the toppings:

1 green chilli, 3tbsp olive oil, 6-8 figs (depending on size), 1 small bag of washed baby spinach, salt and freshly ground black pepper, a few sprigs of fresh thyme or a pinch of dried oregano

METHOD:

1. Place the flour, sugar, salt, black pepper, nigella seeds and cayenne pepper in a large mixing bowl. Dissolve the yeast in 100ml of water and stir in the honey, then add this, along with the yoghurt, to the dry ingredients. Knead together to form a nice, supple dough. Cover the bowl with a cloth or cling film, set in a warm place and allow the dough to double in size. It will take about one hour in a warm room, slightly



SWEET AND SAVOURY

FIG AND FETA PIE

longer if it's cold.

2. Make the filling by crumbling the feta into a small bowl and mixing with the yoghurt, oregano and sumac to create a paste.

3. For the topping, slice the green chilli into rounds, place in a small dish and cover with the olive oil. Cut the figs into four to five slices.

4. Once the dough has proved, divide it into six evenly-sized lumps. Roughly stretch each piece into an oval boat-shape measuring around 20cm long and 8cm wide. Put a tablespoon of the feta filling on each, spreading it over the centre. Add a handful of baby spinach,

then slices of fig. Top with the chilli slices and the oil, using it all up. Season with salt and pepper, and sprinkle with some leaves from the sprigs of thyme or dried oregano.

5. Pinch the sides of the dough up around the edges, then pinch each end of the oval into a point to create a pike boat. Leave to prove again and, while you are waiting, heat your oven to 220 degrees C/200 degrees C fan/425 degrees F/ gas mark 7. By the time the oven is up to temperature, the boats will be ready to pop in. Bake for 10-12 minutes until beautifully golden. Serve warm.

INGREDIENTS:

(Makes 12-14 meatballs)

For the meatballs: 400g minced beef, 200g basmati rice, uncooked, 2 onions, peeled (240g), 1 garlic clove, peeled, 1 small bunch of parsley, top leafy part only (about 20g), 1 small bunch of mint, top leafy part only (about 20g), 1 small bunch of coriander, top leafy part only (about 20g), 1tsp ground coriander, 1tsp ground turmeric, or grate 2cm fresh turmeric root, 1tbsp salt

A sprinkling of white pepper

For the sauce:

3tbsp olive oil, 1 onion, peeled and finely diced (120g), 1 leek, thinly sliced and washed, 1 garlic, peeled and crushed, 1 green chilli, thinly sliced, 4 celery sticks, thinly sliced, 1tsp ground turmeric, or grate 2cm fresh turmeric root, 2 dried Persian limes (or 3 wide strips of peel from 1 lemon), 2 bay leaves, Juice of 1 lemon

METHOD:

1. Place the minced beef and



PERSIAN-INSPIRED SUPPER

HEDGEHOG MEATBALLS

uncooked rice together in a large bowl. Use a food processor to blitz the onions, garlic and fresh herbs together to a paste (or you can chop everything by hand very finely) and add to the meat and rice along with the ground coriander, turmeric, salt and pepper. Mix together until fully combined and then divide into 12-14 balls, each about 80-90g. Cover and store in the fridge until you are ready to cook.

2. To make the sauce, heat the olive oil in a shallow casserole that is large enough to contain all the meatballs in one layer. Add the onion, leek and garlic and cook on a

medium heat until they soften, then add the chilli, celery, turmeric, Persian limes and bay leaves. Mix well and fry for five minutes, stirring occasionally, then add one litre of boiling water. **3.** Bring the mixture to the boil and carefully add the meatballs to the liquid. Bring back to the boil and cook uncovered for five minutes. Turn the meatballs over in the liquid, then cover and reduce the heat to low. Keep covered and cook for 30 minutes. Open the lid carefully, add the lemon juice, re-cover and cook for the final 10 minutes before serving.

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- ✓ Stylish entertainment, traditional British & International cuisine, guest lecturers & on-board leisure facilities
- ✓ Seven nights' full board accommodation on board Columbus

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Grand British Isles Discovery Cruise

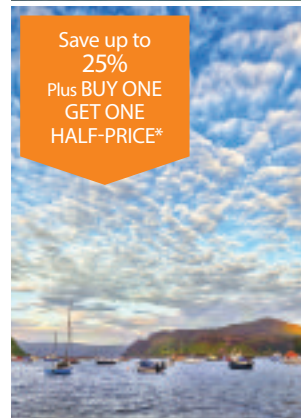
13 days from £1859 Sailing from Tilbury on board Columbus, 3 September 2019

Discover some of the UK's enchanting island outposts on this late-summer British Isles cruise from Tilbury.

Cruise highlights

- ✓ Calls at Amsterdam, Kirkwall, Portree, Tobermory, Belfast, Dublin & Cork
- ✓ Call at the stunning Isles of Scilly
- ✓ The beautiful island of Guernsey
- ✓ Discover Honfleur, in Normandy
- ✓ Stylish entertainment, traditional British & International cuisine, guest lecturers & on-board leisure facilities
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PAST TIMES

Soaring heatwave temperatures leaving you feeling hot and bothered? **MARION McMULLEN** takes a look at how we coped in summers gone by

WASHING blistering red skin in sage tea was a traditional cure for sunburn up to the Second World War.

Now we splash on the highest factor sun cream and keep the after-sun lotion handy.

Long, hot British summers have always led to people trying to find the best way to handle the heat and in 1968 that meant a sun tent. It was designed with the British summer in mind by keeping out sand from beaches and cocooning you from any sudden breezes that might spring up.

Littlehampton in Surrey was one of the first to embrace the new invention and even offered sun worshippers the chance to hire a sun tent for 10 shillings a day.

Meanwhile if you wanted to stand out from the seaside crowd you needed a pneumatic beach armchair.

It first appeared at the British beach 70 years ago and was inflated by a pair of bellows. It could be spotted at Bognor Regis in 1948, but was more prone to punctures and gusts and the traditional deckchair continued to remain popular with holiday makers.

It cost sixpence a day to hire a deckchair at Blackpool's North Pier in 1958... and it was guaranteed to be facing the sun.

The 1911 heatwave saw temperatures peaking at 92°F in the UK and some Lancashire cotton mill and stone quarry workers even began starting their day at 4.30am before heading home at noon when everything closed down as the mid-day sun hit.

Some daring women from that time found taking a dip in the Serpentine at London's Hyde Park was the best way to cool off while horse-drawn ice seller's carts were a welcome sight on the streets in the era before home refrigerators and freezers were the norm.

There was a mere 3.3mm of rain recorded for the whole of June in 1925 and thousands of people besieged the newly opened Tynemouth Outdoor Swimming



Carrying an inflatable armchair on the beach in Bognor Regis in 1948

Feeling hot, hot, hot!

Pool in the north east.

The gala opening included English Amateur Swimming Association ladies champion Hilda M James demonstrating fashionable swimming styles, ladies and gents water polo matches and a comic display by Tynemouth Amateur Swimming Club. The terraces were designed to hold up to 2,000 people and swimmers could use hired tents as changing rooms.

One way to find instant shade was with a parasol. The rattan summer parasol made an appearance in 1927 and the following year there were lace-trimmed parasols with embroidered designs of exotic birds and a hand-painted Chinese dragon motif to choose from.

Parasols continued to be popular – and the most effective way of staying

cool – for the next few decades and in the 1950s they were even big enough to provide shade for three at a time.

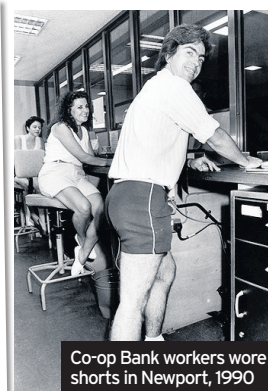
The 1960s saw eye-catching slit sunglasses bearing slogans being worn on the streets of London. The cool eye wear came with messages ranging from Hold My Hand and Go Naked to Make Love Not War.

It was hot enough to cook an egg on a car bonnet during the 1976 heatwave and temperatures reached 96.6°F at one point in Cheltenham. The relentless heat caused severe drought across Europe and many countries introduced emergency water rationing.

It was one of Britain's longest heatwaves in living memory and triggered the most significant drought for at least the last 150 years. Water



Deckchairs on Blackpool Pier in 1958



Co-op Bank workers wore shorts in Newport, 1990



Cooking an egg on a car bonnet in 1976



1960s slogan sunglasses



Relaxing in a sun tent, 1968



Friends cool off in Hyde Park, 1911

that year tackling heath and farmland fires that broke out because of the dry conditions.

The heat also damaged road surfaces across the country in 2006 with the cost of repairs estimated at £3.6 million in Oxfordshire alone. Speed restrictions were introduced by many train companies because of the risk of rail lines buckling.

Meanwhile, spare a thought for some of the zoo inmates who have struggled to stay cool over the years. Poor king penguin Purdy had to be hosed down in 1970 when the soaring temperatures started to cause the mum-to-be problems after she had been sitting on her egg at Crystal Palace Zoo ... for four days.

levels in rivers and reservoirs across dropped so low that the Drought Act was introduced and a Minister for Drought appointed. There was even talk of bringing in tankers filled with water from abroad if the situation continued.

There were 15 consecutive days when temperatures reached 89.6°F or higher somewhere in the UK. Things became so desperate that an Indian rain dance was held in Rugby in September 1976, but the energetic efforts failed to produce even a light drizzle.

When summer temperatures rose in 1990, Welsh staff at The Co-operative Bank in Newport started getting hot behind the counter so were given special dispensation to wear shorts instead of their bank uniforms.

The fire services was also kept busy



Children surround the ice seller's cart in 1911



Tynemouth Outdoor Swimming Pool, 1925



Under a parasol in Rhyl, 1951



Purdy the penguin keeps cool at Crystal Palace Zoo, 1970

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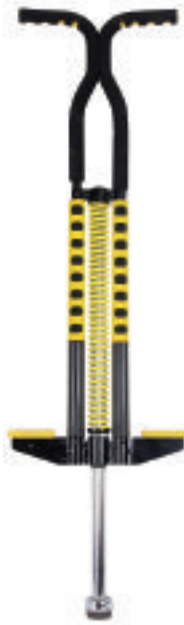
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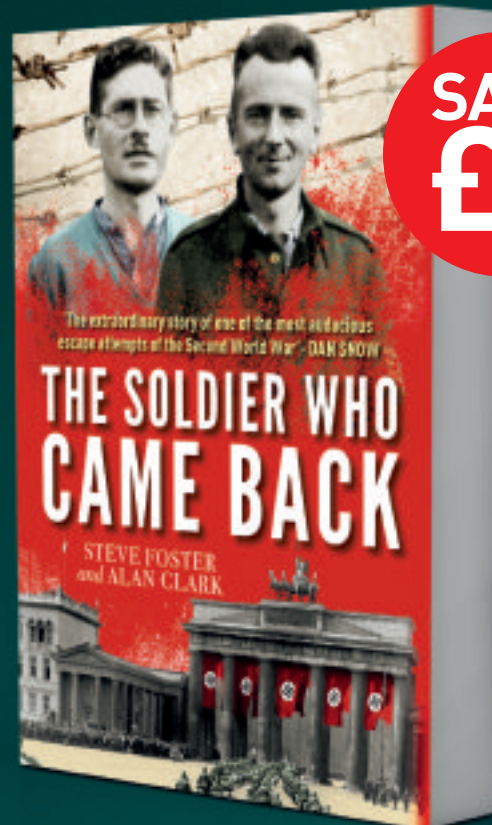
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PUZZLE TIME

Pathfinder

Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

Ben Stiller films

T	G	A	S	I	T	Z	L	A	E	N	P	L	T	T
R	A	D	C	U	S	O	O	N	M	D	U	E	A	H
O	P	A	A	R	R	U	E	D	Y	R	N	X	T	E
C	I	M	R	T	H	P	R	S	T	E	I	G	H	M
T	H	U	E	C	E	T	M	Y	W	O	T	E	S	U
U	H	N	D	A	B	O	H	L	E	R	M	U	A	Y
T	D	Y	K	S	L	E	A	L	E	H	G	H	W	T
C	N	A	A	R	U	G	B	E	I	H	I	E	H	O
H	X	T	T	S	Y	O	D	G	S	T	L	L	T	H
N	E	O	F	C	T	D	O	R	O	H	A	E	T	E
C	O	F	K	E	F	F	E	E	R	C	N	E	A	P
K	E	E	I	N	L	L	Y	Z	M	A	L	M	R	E
S	R	L	T	L	O	P	E	E	M	N	L	Y	C	N
S	L	L	T	I	N	G	M	G	I	N	E	F	U	T
T	E	A	A	L	O	C	A	A	M	D	I	F	L	S

Split Decision

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

S	G	Y	T	A	O	N	D	T
L	T			C	T		R	O
A	E	D	X	U	T	R	A	T
A	R			O	E		D	M
D	M	H	E	D	R	U	I	A

Sudoku

There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy

		3			8	6		
9		4	3	6			1	
1					9	3		8
7	5	6		2		8		
				8				2
	9	2		3		4	7	
2			8					4
	4	8		7	5	1		9
		9	4				8	

Hard

	1			2			9	
		5				3		
3			8		4			2
		8				6		
	4		3		6		5	
		3				1		
5			4		9			7
		9				2		
	6			7			3	

Two Speed Crossword

This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

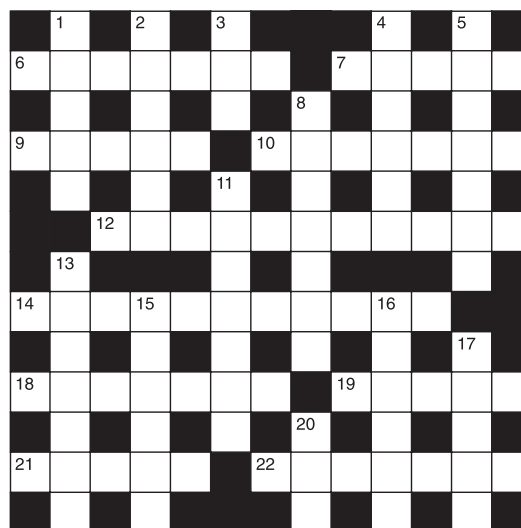
Cryptic

Across

- Back up in sport (7)
- Hold up the Spanish in the course of 24 hours (5)
- Sign I'm back before the sun is out (5)
- Apparently he's made his pretence a reality! (7)
- Building up afresh what's left before formal talk (11)
- Gift a banana has? (7,4)
- Money making gifts (7)
- Steals back with a seat (5)
- Not desirable company, it's said (5)
- It may make one shy! (7)

Down

- Flinch, though still game (5)
- Smart evergreen (6)
- A safe place in a flood (3)
- A sorry state (6)
- Sailor with a mate a great deal (7)
- Attribute of a writer (7)
- Difficulties in which a coastal navigator may find himself (7)
- Listener's complaint (7)
- Rough? That's odd! (6)
- Thought it will turn up in time (6)
- Extra money, but it includes responsibility (5)
- Type of music dominant in the Victorian home! (3)



Scribble pad

Quick

Across

- Bear (7)
- Defer (5)
- Negative (5)
- Appropriator (7)
- Repairing (11)
- Tendency (7,4)
- Abilities (7)
- Seat (5)
- Number (5)
- Palm fruit (7)

Down

- Game bird (5)
- Conifer (6)
- Biblical vessel (3)
- Rue (6)
- Sailor (7)
- Credit (7)
- Channels (7)
- Otic pain (7)
- Bumpy (6)
- Idea (6)
- Extra payment (5)
- Burst (3)

Codeword

This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

18	16	19	13		25	21	14	19	23	6	10	20
16		10			5			21		5		21
20		26	16	21	19	22	10	20		4		4
12	1	16				3			23	11	23	19
10		23			10	20	20	3		23		5
	21	1	5	1		7		19	22	10	10	1
				9		5		23				
13	21	8	8	3		2		8	3	1	24	
21		5			2	5	8	17		21		22
19	8	5	15			23			7	21	3	
13		17		14	5	8	3	4	10	7		4
10		10		23			10			5		1
7	21	7	23	13	23	10	19		5	15	1	19

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
				O			L					
14	15	16	17	18	19	20	21	22	23	24	25	26

Wordsquare

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate:

15 words - average; 25 words - good; 35 words - very good; 40 or more - excellent.

A	O	A
H	M	C
N	R	I

Quiz

- What was the title of Tom Jones's debut single and first Number One hit, in February 1965?
- Which British naturalist, writer and zoo curator wrote My Family and Other Animals?
- What is the largest inland sea in the world?
- What name is given to the rounded underground base of the stem of a daffodil, tulip or onion?
- Which Moroccan port hosted a conference between Churchill and



Q1 - Tom Jones

- Roosevelt in 1943?
- What is the fifth book of the New Testament?
- Which American sharpshooter who performed in Buffalo Bill's Wild West Show inspired the musical Annie Get Your Gun?
- What name is given to the science of map and chart making?
- In Greek mythology, whose elopement with Paris precipitated the Trojan War?
- Which American president came from a family of peanut farmers?

LAST WEEK'S SOLUTIONS

Pathfinder

Raymond Briggs, Tove Jansson, Anthony Browne, Roger Hargreaves, Maurice Sendak, Axel Scheffler, Bruce Ingman, Dr Seuss, Nick Sharratt, Quentin Blake, Kate Greenaway, Shirley Hughes, Chris Riddell, Babette Cole, Korky Paul, Beatrix Potter, Jan Pienkowski, Eric Carle, Janet Ahlberg.

Quiz

- Pulp Fiction; 2. Dame Agatha Christie; 3. Espalier; 4. Robert Redford; 5. A butterfly; 6. Amsterdam; 7. Helium; 8. 1952; 9. Dunkirk; 10. Oasis.

Two-Speed Crossword

Across: 1 Amount; 4 Breath; 9 Queer goings-on; 10 Inately; 11 Homer; 12 False; 14 Crack; 18 Lucie; 19 Decimal; 21 Counter-attack; 22 Dating; 23 Shades. Down: 1 Acquit; 2 Open an account; 3 Nurse; 5 Rancher; 6 Assume command; 7 Hungry; 8 Polyp; 13 Sweeten; 15 Placid; 16 Adore; 17 Flukes; 20 Catch.

Wordsquare

AVAILABLE

Sudoku

3	9	6	7	5	2	4	1	8
4	7	1	9	6	8	3	2	5
2	5	8	1	4	3	6	9	7
7	2	3	5	9	6	8	4	1
6	1	9	3	8	4	7	5	2
8	4	5	2	7	1	9	6	3
9	3	2	4	1	7	5	8	6
1	6	4	8	3	5	2	7	9
5	8	7	6	2	9	1	3	4

Split Decision

H	E	L	L	O
O		I		F
T	I	G	H	T
E		H		E
L	A	T	I	N

Codeword

1	2	3	4	5	6	7	8	9	10	11	12	13
P	O	W	Q	G	M	I	J	Z	E	N	C	H
14	15	16	17	18	19	20	21	22	23	24	25	26
F	A	V	D	R	B	X	U	T	S	K	L	Y

THURSDAY, JULY 12, 2018

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PROPERTY & LIVING

NAUTICAL BUT NICE

Taking inspiration
from the seaside to
create interiors with
a coastal theme

PAGES 42&43



This five-bedroom family home in Writtle overlooks countryside and farmland but is just a short drive from Chelmsford city centre **SEE PAGES 40&41**



ESCAPE TO THE COUNTRY...

HOT HOUSE



LARGE FAMILY HOME IN GATED DEVELOPMENT



A superb private five-bedroom house has come onto the market in the sought after village of Writtle. Situated just under three miles from Chelmsford city centre is the Pastures – a private gated development with plenty of appeal for families.

The attractive property features a huge lounge with a brick-built fireplace to add that touch of character.

Immaculately decorated throughout, the house boasts an enormous kitchen/diner, with an island, as well as a study and a snug on the ground floor.

Going up the stairs to the first floor you will find five good-sized bedrooms, with two of them boasting en-suite facilities.

Like the rest of the house, all the bedrooms are stunningly presented and decorated, but the wow factor is not just confined to the interior.

Stepping outside the house has a tidy well-kept garden space that is perfect for entertaining and it looks out onto the open fields of the surrounding countryside.

The house also comes with an open garage, as well as an additional utility area.

The village of Writtle itself is a hugely desirable area and is located just outside of Chelmsford.

With regular public transport into the city, Writtle is ideal for those who want a rural lifestyle but still want to be located close to all of Chelmsford's amenities.

The village itself boasts traditional properties, as well as a village green with a popular duck pond.

There are also a number of restaurants, traditional pubs, two small supermarkets, hairdressers and a post office.

The Pastures is on the market with Beresfords and valued at £899,995.

For more details call 01245 930090 or go to www.beresfords.co.uk

SELLING POINTS

Number of bedrooms... Five
Garden... Landscaped gardens
overlooking countryside and farmland
USP... Large family home in a private
development in a village location but
close to Chelmsford city centre
Price... £899,995



YOUR HOME

Bring the coast into your home

GABRIELLE FAGAN discovers how to take inspiration from the seaside to create a relaxed and summery interior

Summertime often brings with it a longing to live by the sea – with lapping waves and sweeping beaches as the backdrop to your life.

Not all of us can fulfil this fantasy but coastal chic can easily be brought into your

home wherever it is, with the use of ocean-inspired colour tones, natural materials and informal styling.

We asked three design experts for their tips on creating a perfect coastal interior and went beachcombing to find some top seashore style picks. Here's how to make a splash indoors....

Azure seafare throw £49; Simply White striped white bedspread £110; Seafare Rowen print double duvet set £65; Simply White grey seersucker check, double duvet set £55; Torren stripe print cushion £15; Junipa velvet ikat cushion £25; Casual Collection Holden check double duvet set £55; Simply White Matelasse cushion £35. All from the Linea range at House of Fraser



Joules Burnham harbour-stripe armchair, right, £1,089 and Joules Burnham four-seat sofa, above, £1,299, both exclusively at DFS

CHOOSE NATURAL MATERIALS SAYS LOIS VINCENT

"The look and feel of a life beside the sea provides endless inspiration for decor," says Lois Vincent, home designer House of Fraser.

"This season, colour and texture are wonderfully restful – watercolour stripes, tie-dye effects, and those salt-washed ocean hues are so easy to work into any home come the summer months.

"Look out for weathered and raw finishes too – it's all about capturing the beauty in imperfection. Natural materials like wood and rattan will add interest to a space and will be a lovely contrast to sharp blues and crisp whites that are so characteristic of a coastal home."



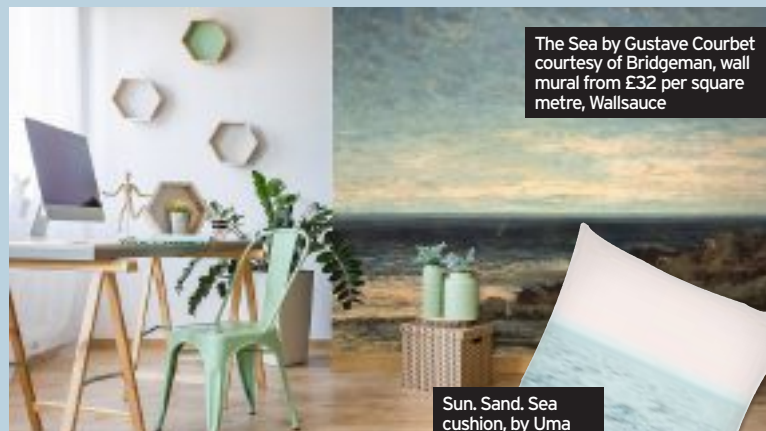
Nautical sea boat-themed hooks £15 each, Pushka Home



Driftway blue-patterned storage trunks, set of two, reduced from £574 to £376, Artisaniti



Distressed white double-sided beach arrow £8.50, Gisela Graham



The Sea by Gustave Courbet courtesy of Bridgeman, wall mural from £32 per square metre, Wallsauce

Sun, Sand, Sea cushion, by Uma Prabhakar Gokhale, from £27, Art Wow

GO FOR RELAXED INFORMALITY SAYS CHARLIE LUXTON

"Our house revolves around an open-plan living, dining and cooking space and references the reality and palette of the Cornish seascape, to create a subtle, calm environment," says architectural designer and TV presenter, Charlie Luxton, who has teamed up with windows and blinds specialists, Hillarys to create a coastal style scheme.

"For me, coastal style is a way of life rather than a trend. It's a look that invokes an ambience of relaxed informality which is perfect for summer homes, whether you live by the coast or not.

"Rather than opting for the traditional maritime or beach hut look, I've gone for a subtle mix of cloudy sky greys, moody blues and white enlivened by a few bold splashes of sunshine yellow. It's inspired by the weather, light and wonderful landscapes.

"I didn't want to shut out any of the natural light so I've used roller blinds and voiles. Linen fabrics, chunky woollen rugs and throws and woven baskets, driftwood lamps and wooden furniture complete the look."



Beach scene screen, reduced from £90 to £63, Arthouse, Wallpaper Direct



Hand-felted stone pouf, from £45, Perch Upholstery



The lounge at Charlie Luxton's coastal home with Brindle denim drift roller blind, from £72 and Serene linen voile, from £54 a pair, both from Hillarys



Soft sand colours and natural textures star in a home featured in Sally Denning's book

TEMPER BRIGHTS WITH OFF-WHITES SAYS SALLY DENNING

"Many of us dream of living by the sea - but even if you're not lucky enough to have a seashore home, you can take inspiration from the beauty of the coast and bring those ideas inside, wherever and however you live," promises Sally Denning, author of *Relaxed Coastal Style* (Ryland Peters & Small, £19.99).

"You could copy the colours of fishing boats, beach huts and painted shutters, which all boast strong shades that weather to more manageable hues.

"Tropical brights such as turquoise and aqua are another popular choice but temper them with neutrals or off-whites to keep a scheme easy to live with as well as easy on the eye."



Driftwood wall art panel, diagonal pattern, £135, Coastal Home



Jay Haeckel nature & sea life mug, £9.50, Hurn & Hurn



Nautical lime wash wooden fish duo on plinth ornament decoration £19.50, Gisela Graham



Starfish cushion, natural, £34.95, Coastal Home



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YOUR GARDEN

With Diarmuid Gavin

Put a dampener on things

We've had little rain for two months so it's vital we keep our plants well watered ...but in the right way

Regular readers will know that I have enjoyed doing a lot of planting in my own garden this year. I've finally put down roots and conquered my half-acre of space. It's a blaze of colour, full of perennials that were left over from show gardens over the years. I've also got special plants – some rare and unusual oddities that I've picked up along the way – for which the soil has been dug, cleaned and manured, and composted before they were bedded in.

I was delighted to see the end of a very long winter, but it seems overnight the weather turned from being miserable, cold and damp to the most glorious Barbados-like heat – but now there's an issue.

Plants, like us, are mainly made up of water and they need plenty of it – to get established and grow.

But there's been no rain for nigh on two months, or at least no proper rain that really wets the soil and quenches the thirsty roots.

So how do we approach this dilemma from a practical point of view?

Prioritise your watering. New shrubs, trees and herbaceous plants have yet to establish deep roots, so will need assistance first. Fruit and veg will also be high on your list as they

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Early morning and late evening are the optimum times to water plants

L-R: Rosemary, Eryngium and Sedum Spectabile can all cope relatively well with hot, dry weather



Consider planting more drought-tolerant plants that don't require a huge amount of water

need plenty of H₂O to produce their bounty. Mature trees and shrubs will be the most resilient.

Avoid watering during the day when evaporation is at its fastest – early morning or late evening is best.

Direct the water to the base of the

plant around its stem. One long soak is better than a few sprinklings. If you water the surface a lot, it encourages roots to go upwards rather than downwards in search of water. If your soil is bone dry, water slowly to allow it to sink in gradually.

Pots and containers are always thirsty so will need watering twice daily. If you can, move them to the shade and group them together where they can create a microclimate and shade each other.

For future reference, it's worth using water gels when planting up pots and hanging baskets.

Don't panic if leaves start dropping or going brown. Your plant is going into survival mode and is trying to reduce its requirements for water. It may also shed its flowers and fruit in an attempt to batten down the hatches.

Take a break from mowing the lawn. Mowing it now will only put stress on it. If it's already gone yellow, don't worry – it will recover quickly once the rains return.

Don't use fertiliser on plants. You don't want to encourage any growth at the moment as this increases the plant's requirements for water.

Remove weeds because they will be using up valuable moisture.

Running out of water? Grey water from baths or the washing-up bowl is all reusable on plants.

If this is an annual problem for you, plan ahead. Install water butts to collect rainwater as a resource. Improved soil culture is essential for water retention. Make your own compost and when you are planting put a bucketful of good humus material around the roots.

This will act like a capillary bed and clothe the roots in damper compost which sucks up all the moisture when added. It then makes it easy and freely available to the tiny roots that drink it in.

You could consider planting more drought tolerant plants that don't require a huge amount of water, so anything with furry silvery leaves such as stachys, verbascum and salvias, and Mediterranean species such as rosemary, thyme and good old lavender.

Plants with succulent leaves such as Sedum spectabile, waxy leaves like Pittosporum and spiky Acanthus and Eryngium are good choices as well.

Finally, remember to keep yourself hydrated while you are out gardening.

Keep bird baths topped up



Keep a weather eye on your pond's algae levels

■ Watch out for scarlet lily beetle and remove where found.

■ Keep roses well watered in warm weather – and the same goes for plants in pots.

■ Peat-based composts can dry out completely so plants may need complete dunking in a bucket of



Scarlet lily beetle

JOBS FOR THE WEEK

water until all air bubbles are gone from the soil.

■ Tomatoes need regular watering to prevent them from splitting.

■ Warm weather can lead to an increase in algae and duckweed in your pond so

fish it out with a small fishing net or twirl it around a cane. Barley straw in the pond can help keep the problem at bay. If you can't get barley straw there are liquid products available that contain extract of barley straw which will do the same job.

■ Remember to keep your bird bath topped up to keep the birds hydrated.



Barley straw can keep algae in check



Pots in particular will need regular watering. Water butts, below, are a brilliant way to get the most out of any summer showers



ASK DIARMUID

Q We have an acer, a red Bloodgood, which is about 10 years old and over six feet tall. It has developed lots of little helicopter-type pods which we assume are seeds. Is this very unusual and can we grow from them?

Mr and Mrs Pigrome



A Yes, you're right - these little helicopters are the seeds of your maple. Nature's design helps them take flight and thereby encourages their dispersal.

You can propagate from them - the result will be a red-leaf maple but not exactly the same

as the parent. There will be some variation, unlike a cutting which produces a clone of the parent.

Leave the seeds on the tree to mature until they brown in the autumn, then harvest and sow them. Because their outer shell is hard, you can soften them by soaking in water.

PLANT OF THE WEEK

WATSONIA 'ROYAL SALMON'

Native to South Africa and named after British botanist Sir William Watson, it is a perennial corm with sword-like leaves and tubular flowers.

This variety has lovely salmon pink flowers but they also come in white, red and orange.

Plant in well-drained soil in full sunshine. It can be a little tender so if you always lift your gladioli in autumn, lift this too. Otherwise, in milder climates, a winter mulch should protect it.



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SHOP HOME

Ary Lush Fox Tray Printer + Tailor, £19.50, printerandtailor.com



Penguin tray, £21, saramiller.london



Chicken and Carnation tray, £19.50, annabeljames.co.uk



Ary Mystic Sea Tray Printer + Tailor, £26.50, printerandtailor.com



Alessi Alessini Proust tray, £44, Amara



Hundreds & Thousands serving tray by Jonnasaarinen, £29, etsy.com



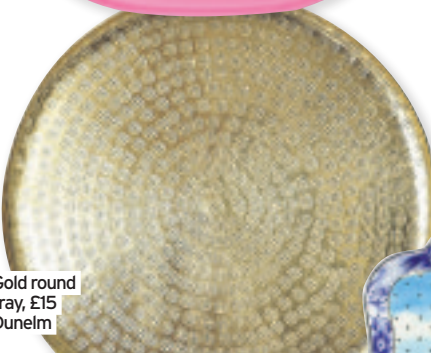
Picnic tray set, £5, Tiger Stores uk.flyingtiger.com



Tray chic

DAN BEAVAN serves up dining style on a platter

Gold round tray, £15 Dunelm



Wild Strawberry melamine food tray, £4, cathkidston.com



Pip Studio multicolour flowers serving tray, £20, hurnandhurn.com



*All prices correct at time of going to press. To follow Dan on Pinterest search Dan Beavan

Coral tray, £2.99, TK Maxx



Cath Kidston wildlife wooden tray, £15, cathkidston.com



Woolly Mornings Scatter tray, £4, creative-tops.com



4...SUPERB SOAP DISPENSERS



GO WITH THE GRAIN
Wooden soap dispenser, £5.99 Home Sense



MODERN MARBLE
White marble soap dispenser, £20 Sainsbury's



MOODY BLUE
Floral soap dispenser, £7 Mandco.com



FRUIT FAVOUR
Pineapple soap dispenser, £10 Debenhams

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• Cloakroom • EPC Rating: TBC



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• Three Bedrooms • Mid Terrace
• Two Receptions • Chain Free
• Needs Modernisation • EPC Rating: TBC



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• Detached Garage • EPC Rating: F



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• Large Corner Garden • Lots Of Potential
• Dropped Kerb • EPC Rating: TBC



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• Three Bedrooms • End Of Terrace
• Rear Extension • Updated Throughout
• No Work Required • EPC Rating: D



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• Three Bedrooms • Kitchen/Diner
• Ground Floor Wc • End Of Terrace
• Backing On To Fields • EPC Rating: TBC



NEW PRICE

£293,000
ELWOOD, CHURCH LANGLEY
• Two Bedrooms • Immaculately Presented
• Mid Terrace • Kitchen / Diner
• Garage & Parking • EPC Rating: C



GARAGE

£330,000
COBBINS WAY, OLD HARLOW
• Two Bedrooms • Garage & Driveway
• Two Receptions • Semi Detached
• Good Size Garden • EPC Rating: C



HIGH SPEC

OIEO £340,000
MALKIN DRIVE, CHURCH LANGLEY
• Three Bedrooms • High Specification
• Terraced Home • Driveway Parking
• Fully Refurbished • EPC Rating: C



PARKING

OIRO £365,000
VICTORIA GATE, CHURCH LANGLEY
• Four Bedrooms • Two Receptions
• Semi Detached • South Facing Garden
• Garage & Driveway • EPC Rating: TBC



NEW PRICE

OIEO £350,000
CANOPY LANE, NEWHALL
• Three Bedrooms • Downstairs W/C
• Semi Detached • Parking For Two
• One Owner Since New • EPC Rating: TBC



NEW ON

£385,000
BELFIELD GARDENS, CHURCH LANGLEY
• Four/Five Bedrooms • Two Bathrooms
• Kitchen/Diner • End Terrace
• Driveway • EPC Rating: D



PARKING

OIEO £398,000
WHIELDON GRANGE, CHURCH LANGLEY
• Linked Detached • Garage & Parking
• Three Bedrooms • En-Suite
• Two Receptions • EPC Rating: TBC



PARKING

£399,995
BROADFIELD, HARLOW
• Three Bedroom • Lots Of Potential
• Semi Detached • Semi Detached
• Cloakroom • EPC Rating: TBC



NEW PRICE

£440,000
THE CHASE, NEWHALL
• Four Bedrooms • Two Bathrooms
• Studio Over Garage • Parking & Parking
• Two Receptions • EPC Rating: C



NEW BUILD

GUIDE PRICE £450-475,000
THE DRIVE, HARLOW
• Four Bedrooms • Driveway
• Semi Detached • Underfloor Heating
• Brand New • EPC Rating: TBC



NEW ON

£475,000
FORE STREET, OLD HARLOW
• Two Separate Entrances • Development
• Four Bedrooms • Centre Of Town
• Four Receptions • EPC Rating: TBC



GARAGE

£500,000
PENSHURST, OLD HARLOW
• Five Bedrooms • Terraced Town House
• Two Receptions • Private Cul-De-Sac
• Two Bathrooms • EPC Rating: - D



COTTAGE

£530,000
HALL GREEN, LITTLE HALLINGBURY
• Four Bedrooms • Detached Cottage
• Two Receptions • Chain Free
• Two Garages • EPC Rating: - F



CHAIN FREE

£550,000
THE CHASE, NEWHALL
• Four Bedrooms • Three Bathrooms
• End Terrace • Office
• Garage To Rear • EPC Rating: C



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• Detached House • Four Bedrooms
• Bespoke Build • Four Bathrooms
• Double Garage • EPC Rating: B



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£895,000
LATTON COMMON, HARLOW
• Five Bedrooms • Detached House
• Three Receptions • Gated Entrance
• Private Location • EPC Rating: C



LOCATION

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• Four Bedrooms • Gardens & Studio
• Three Receptions • Fine Location
• Study / Playroom • EPC Rating: E

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SAWBRIDGEWORTH (Church Street)

2 Double bedroom, 2 Bathroom modern cottage. Situated in the village centre walking distance from all local facilities including train station. Vacant possession and no onward chain.



£285,000

SAWBRIDGEWORTH (Atherton End)

2 bedroom semi-detached home offered with no onward chain. 5 mins walk to the village centre, allocated parking, landscaped rear garden and an approximate 10 mins walk to station. Keys available for viewing. Sole agents.



£289,950

HATFIELD HEATH (Broomfields)

2 double bedroom ground floor maisonette with a private back and front gardens, long lease, double glazed windows and gas fired heating. Walking distance of village centre. Well-presented throughout. Sole agents.



£329,950

NEWPORT

2 double bedroom character cottage, in need of modernisation. Village centre location and walking distance of train station and schools. Scope for further extension (stp). Back and front gardens. Immediate vacant possession and no onward chain. Sole agents.



£359,950

SAWBRIDGEWORTH (Ladywell Prospect)

Beautifully presented 3 bedroom end of terrace home. Walking distance of train station and town centre. Fitted kitchen, living room, downstairs w.c., 3 bedrooms, family bathroom, enclosed rear garden, allocated parking. Sole agents.



£380,000

LITTLE HALLINGBURY (Hatch Green)

3 bedroom semi-detached home with fantastic scope for further development (stp). Huge front and rear gardens, sitting room, family room, cloakroom, master bedroom with balcony and en-suite, kitchen/dining room, large utility, downstairs w.c., 3 bedrooms, family bathroom, driveway and parking. Sole agents.



£439,950

SAWBRIDGEWORTH

Brand new, high specification bungalows. Walking distance of town centre. Luxury kitchen and bathrooms, 2 double bedrooms, off-road parking, sunny rear gardens. Ready immediately. Help to Buy available. Sole agents.



£449,950

SAWBRIDGEWORTH (West Road)

Fully refurbished 4 bedroom semi-detached home in the heart of the village with a south facing garden, driveway and parking for 2 cars. Ideally positioned for Mandeville school and just a 10 mins walk to station. High quality kitchen and bathroom. Spacious accommodation.



£470,000

SAWBRIDGEWORTH (Parkway)

Beautifully presented 3 double bedroom family home with a large open plan living area with bi-folding doors onto garden, luxury kitchen and bathroom, west facing rear garden, garage and parking. Sole agents.



£529,950

HATFIELD BROAD OAK

Period 4 double bedroom cottage in this popular highly sought after village. 90ft garden backing onto farmland, garage, parking for 3 cars, overflowing with charm and character. Must be viewed to be fully appreciated. Sole agents.



£538,950

BISHOPS STORTFORD (Dove Close)

4 bedroom detached home with an extensive driveway, parking, single garage and office. High quality kitchen/dining room, sitting room, family room, cloakroom, master bedroom with balcony and en-suite shower room, main family bathroom, 40ft garden. Sole agents.



£575,000

SAWBRIDGEWORTH (Roman Rise)

Detached 3 bedroom bungalow in a quiet cul-de-sac location which is within walking distance of town centre. Large living room, conservatory, kitchen, en-suite shower room and main bathroom, good size corner plot, detached garage and driveway. Immediate vacant possession and no onward chain.



£625,000

HATFIELD HEATH (Hall Green)

Spacious 4 bedroom detached Victorian house with a huge master bedroom, en-suite, large sitting room, magnificent kitchen/dining room, separate reception room, just under • an acre, large garden room and excellent parking. Vacant possession. Sole agents.



£825,000

ABBESS RODING

Beautifully presented 3-4 bedroom detached thatched home on a large plot with stunning views. Totally renovated with a magnificent kitchen/family room, large living room, annexe, outbuildings, excellent parking and period features. Sole agents.



£850,000

SAWBRIDGEWORTH (Walnut Tree Avenue)

Spacious 4 double bedroom detached home with a magnificent kitchen/family room with vaulted ceiling, large sitting room, study, vaulted entrance with gallery, contemporary quality finishes, large garden, garden room, excellent parking, double garage. Sole agents.



£650pcm

BRAINTREE (Coggeshall Road)

2 bedroom first floor, unfurnished, maisonette in the popular location of Coggeshall Road, only a short distance from shops and access to the A120. Entrance hall, shower room, two bedrooms, fitted kitchen and living room. Available now.



£750pcm

SAWBRIDGEWORTH (Priors Court)

One bedroom unfurnished, well maintained, close to station and a short distance to the town centre. The property comprises bedroom, modernised bathroom, lounge/diner and kitchen. There are use of communal gardens and ample parking. Available now.



£775pcm

CHURCH LANGLEY (Aynsley Gardens)

Unfurnished one bedroom first floor apartment in a convenient location. Entrance hall with useful storage, good size living room opening to kitchen, double bedroom and bathroom. Outside there is one allocated parking space.



£775pcm

SAWBRIDGEWORTH (The Meadows)

Larger than average one bedroom apartment 2 minutes' walk to the mainline railway station. Comprising luxury kitchen and bathroom, good size sitting room and double bedroom with built-in wardrobes. Off road parking. Available 20th August.



£925pcm

SAWBRIDGEWORTH (Blakes Court)

2 bedroom mid-terrace unfurnished cottage in a central location only a short walk from the mainline railway station and town centre. Open plan living downstairs which includes a kitchen/living/dining area, 2 bedrooms to the first floor plus bathroom. Available now.



£995pcm

SAWBRIDGEWORTH (Burtons Mill)

2 bedroom first floor totally refurbished apartment only a short walk from the mainline station and town centre. The property comprises newly fitted kitchen, lounge/diner with balcony, newly fitted bathroom and two bedrooms. Ample parking. Available immediately



£1050pcm

BISHOPS STORTFORD (Bentley Close)

2 bedroom mid-terrace house, only a short distance from the mainline station and town centre. The property comprises open plan living/ dining room, fitted kitchen, two bedrooms to first floor plus fitted bathroom. Rear garden and ample parking. Available immediately.



£1100pcm

SAWBRIDGEWORTH (Cambridge Road)

2 bedroom end of terrace property only a short walk from the town centre and mainline station. Open plan lounge/diner leading through to kitchen/ breakfast area, conservatory, and 2 good sized bedrooms to first floor plus bathroom. Garden to rear and off street parking. Available now.



£1295pcm

HATFIELD HEATH (Friendly Terrace)

4 bedroom unfurnished Victorian cottage. With a large sitting/dining room, good sized kitchen/breakfast, conservatory, ground floor bathroom, 3 bedrooms to the first floor plus luxury shower room, further bedroom and a landscaped rear garden. Available June.



£1450pcm

HATFIELD BROAD OAK (Cage End)

3 bed period barn conversion in a sought after location. Entrance hall, downstairs wc, fitted kitchen leading through to large lounge diner, separate study/playroom, two bedrooms to the first floor plus bathroom and further bedroom to the top floor. Courtyard rear garden and allocated parking, plus car port.

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- EPC Rating: Awaiting

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- Recently Decorated Throughout
- E.P.C. Rating: D

£305,000



Ashworth Place

- Two Bedroom Terraced House
- CHAIN FREE
- Garage & Driveway for One Vehicle
- Double Glazing Throughout
- Two Double Bedrooms
- E.P.C. Rating: D

£315,000



Doulton Close

- Three Bedroom House
- End Of Terrace
- Parking For Multiple Vehicles
- Integral Garage
- En-Suite To Master
- EPC Rating: D

£350,000



Ridgeway

- Three Bedroom Linked- Detached
- Large South Facing Garden
- Driveway & Garage (With Electric Door)
- Fantastic Natural Daylight
- Potential To Extend To The Rear & Side
- Awaiting EPC Rating

£399,995



St John's Avenue

- Three Bedroom Semi Detached House
- CHAIN FREE
- Three Double Bedrooms
- Additional Two Bedroom Detached Bungalow
- Garage
- EPC Rating: E

£450,000



Malkin Drive

- Five Bedroom Link-Detached House
- Conservatory
- Downstairs WC
- En-Suite To Master
- Garage
- EPC Rating: C

£450,000



London Road

- Six Bedroom Detached House
- 16th Century Barn Included Within The Grounds Owned
- Built in 2002/2003
- Large Grounds
- Three Reception Rooms
- Awaiting EPC Rating

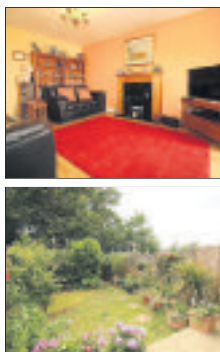
£1,250,000



Pytt Field

- Three Bedroom Terraced House
- Allocated Parking
- Conservatory
- Rear Garden With Rear Access
- Downstairs WC
- EPC Rating: C

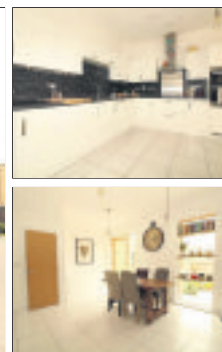
£325,000



Greenfinch Way

- Four Bedroom Detached Family Home
- Immaculate Throughout
- Modern Fitted Kitchen
- Open Plan Living Area
- Garage & Drive
- EPC Rating: B

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Canons Brook

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- Ground Floor Family Bathroom
- Approx. 120ft Secluded Rear Garden With Rear Access.
- Situated within a Residential Cul - De Sac
- Potential To Extend To The Rear (STTP)
- EPC Rating: D

£240,000

NEW PRICE **VIEWINGS ADVISED**




Sycamore Field

- A Three Bedroom End Of Terrace House
- Open-Planned Kitchen/ Diner
- Secluded Rear Garden With Rear Access
- First Floor Family Bathroom
- Ideal For First Time Buyer, Home Movers or Investors
- EPC Rating: B

£255,000

NEW INSTRUCTION



Brockles Mead

- A Three Bedroom Terrace Family Home
- Three DOUBLE Bedrooms
- Utility Room
- Garage
- Downstairs WC
- EPC Rating: D

£259,950

VIEWINGS ADVISED




Westfield

- A Three Bedroom Semi- Detached House
- Situated In A Residential Cul - De - Sac
- Large Kitchen/ Diner
- Approx 45ft Secluded Rear Garden
- First Floor Wet Room With A Walk In Shower
- EPC Rating: D

O.I.E.O
£270,000

NEW INSTRUCTION




Fennells

- A Three Bedroom Mid - Terrace House
- Low Maintenance Rear Garden & Front Garden
- Kitchen/ Diner
- Close Proximity Of The Local Shops And School
- Downstairs Shower Room & First Floor Family Room
- EPC Rating: C

£290,000

NEW INSTRUCTION



Spring Hill

- A Three Bedroom End Of Terrace House
- Conservatory
- First Floor Family Shower Room
- CHAIN FREE
- Approx. 0.8 Miles Away From Harlow Town Shopping Center
- EPC Rating: D

£295,000

VIEWINGS ADVISED



Hare Street

- A Four Bedroom Detached Family House
- A Private Driveway For Three - Four Vehicles
- Approx. 150ft Secluded Rear Garden With Side Access
- Conservatory
- Approx 1.5 miles From Harlow Train Station
- EPC Rating: B

£500,000

NEW INSTRUCTION





Brockles Mead

- A Two Bedroom Terraced House
- Recently New Fitted Kitchen
- Lounge/ Diner
- South Facing Rear Garden With Rear Access
- CHAIN FREE
- EPC Rating: D

£238,000

NEW INSTRUCTIONS





Pynenest Road

- A Three Bedroom Semi- Detached House
- Private Driveway
- Landscaped Rear Garden
- Downstairs WC
- Conservatory
- EPC Rating: D

£369,995

haart

Harlow
01279 443 311

Call us 8am - 10pm everyday



Spacious Family Home
Little Brays
Back on to a woodland is this spacious four bedroom link detached family home. The property is being sold chain free and benefits from a garage, off road parking as well as a conservatory. Ref 14375
Viewing Advised

£415,000

EPC C



Four For The Family
The Chase
This delightful and well presented modern town house offers good sized and flexible accommodation arranged over four floors and has the benefit of a garage with a additional games room/office above. call haart today to book your viewing. Ref 14265
View Today

£420,000

EPC C



Guide Price
Make This Home Your Dream Home
The Readings
Located within walking distance to Bush Fair Shopping Centre is this three bedroom middle terrace family home. The property is being sold chain free. Ref 14312
Call To View

£250,000 - £260,000

EPC D



Guide Price
Get On The Property Ladder
The Maples
Located within one of Harlow's most sought after turnings is this two bedroom split level terraced home. The property includes a garage en-bloc. Ref 14449
View View View

£265,000 - £275,000

EPC F



Spacious Starter Home
Little Pynchons
£250,000
EPC D

Over looking a small green is this spacious two bedroom middle terrace home located within a few minutes walk to Bush Fair Shopping Centre and local schools. Internal viewing is highly advised. Call now to view. Ref 14535

Take A Peek



The Wow Factor
Victoria Gate
OIEO £480,000
EPC D

haart are pleased to offer this four bedroom detached family home with double garage and driveway. The current owner has decorated the property to a high standard where you can just move in, unpack and relax. Ref 14545

Seeing Is Believing



Guide Price
Ideal For That Keen Gardener
Fennells
Offered chain free and close to the Epping border is this three bedroom end of terrace family home. Within walking distance is Pardon Wood Nature Reserve. Ref 14384
Call Today

£270,000 - £280,000

EPC D



Guide Price
£375,000 - £385,000
Deer Park
Thinking Of Selling?
EPC E

This three bedroom detached home benefiting from off road parking and garage has now been sold STC, if you are thinking of selling please call 01279 443311.
Ref 14323

Call 01279 443311



Guide Price
Looking For Your First Home?
Canons Brook
Then this two bedroom middle terrace home backing on to woodland and located within walking distance to the town centre, station and hospital could be for you. Ref 14514
Take A Peek

£240,000 - £250,000

EPC E



Guide Price
Another One Sold
Great Brays
Located within walking distance to Bush Fair Shopping Centre is this three bedroom middle terrace family home. The property is being sold chain free. Ref 14399
Sold STC

£270,000 - £280,000

EPC D



Outskirts Of Harlow
Heighams
£269,995
EPC TBC

Haart are pleased to offer this three bedroom middle terrace home located on the outskirts of Harlow. This family home is being offered chain free and would be ideal for someone looking for there first home or making that next step on the ladder. Ref 14536

Book Your Free Valuation



A Great Starter Home
Hadley Grange
£280,000
EPC D
This modern two double bedroom end of terraced home is offered for sale chain free and has a refitted kitchen and two allocated parking spaces, call haart today to book your viewing. Ref 14425
Like What You See? The Call To View

£280,000

EPC D



CENTURION

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LETTINGS: 01279 400444



COALPORT CLOSE, CHURCH LANGLEY £385,000

- THREE BED DETACHED
- GARAGE & DRIVEWAY
- EN-SUITE
- TWO RECEPTION ROOMS
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- POPULAR LOCATION
- INTERNAL PHOTOS ONLINE



TORKILDSEN WAY, HARLOW £249,995

- TWO BED APARTMENT
- SECOND FLOOR
- LARGE LOUNGE
- ALLOCATED PARKING
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- SECURE INTERCOM SYSTEM
- INTERNAL PHOTOS ONLINE



NICHOLLS FIELD, HARLOW £315,000

- THREE BED END TERRACE
- GARAGE & PARKING
- MODERN FITTED KITCHEN
- SOUTH FACING GARDEN
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- VIEWING RECOMMENDED
- INTERNAL PHOTOS ONLINE



PARK COURT, HARLOW £239,950

- TWO BED SPLIT LEVEL FLAT
- DOUBLE BEDROOMS
- GARAGE EN-BLOC
- LARGE LOUNGE
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- PRIVATE DEVELOPMENT
- INTERNAL PHOTOS ONLINE



NIGHTINGALES, HARLOW £269,995

- TWO BED BUNGALOW
- PRIVATE PARKING
- SOUTH FACING GARDEN
- PRIVATE DEVELOPMENT
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- NO ONWARD CHAIN
- INTERNAL PHOTOS



SOVEREIGN COURT, HARLOW £170,000

- LOUNGE 17' X 8'10
- KITCHEN 7' X 6'6
- BEDROOM 13'11 X 8'10
- BATHROOM 6'6 X 6'2
- GROUND FLOOR
- PRIVATE DEVELOPMENT
- ALLOCATED PARKING



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REYLAND JOHNSON RJ

ESTATE AGENTS - SALES & LETTINGS



PADDOCK MEAD, HARLOW £400,000

- Three/Four Bedrooms
- Garage & Driveway
- Quiet Cul-de-Sac
- Well Presented
- Link Detached Home
- Ground Floor WC
- Popular Location
- EPC Rating: D



WESTBURY RISE, CHURCH LANGLEY £335,000

- Three Bedrooms
- Two Receptions
- Ground Floor W.C
- Chain Free
- Semi Detached
- Popular Location
- Garage & Drive
- EPC Rating: C



WESTBURY RISE, CHURCH LANGLEY

- Four Bedrooms
- Two Receptions
- Kitchen/Family Room
- Conservatory
- Detached House
- Double Detached Garage
- Immaculate Home
- EPC Rating: D

£585,000



CHELSEA GARDENS, CHURCH LANGLEY

- Six Bedrooms
- Two Receptions
- En-Suite Shower
- Garage & Drive
- Utility & W.C
- Riptide Swim Spa
- EPC Rating: TBC

£549,995



GLEBELANDS, HARLOW

- Three Double Bedrooms
- Garage & Driveway
- Chain Free
- Premier Location
- Detached Home
- Conservatory
- Quiet Cul-De-Sac
- EPC Rating: TBC

£499,995



WHALEBONE COTTAGES, HASTINGWOOD

- Four Bedrooms
- Kitchen/Breakfast Room
- Two Receptions
- Immaculate Home
- End Terrace Cottage
- Driveway
- Extended Property
- EPC Rating: D

£475,000



BURLEY HILL, CHURCH LANGLEY

- Four/Five Bedrooms
- Two Receptions
- Conservatory
- Garage & Driveway
- Detached House
- Two En-Suites
- Cul-De-Sac Location
- EPC Rating: D

£464,995



DAVENPORT, CHURCH LANGLEY

- Four Bedrooms
- Two Receptions
- Conservatory
- Garage & Drive
- Detached House
- Dressing Room
- Two Bathrooms
- EPC Rating: C

£455,000



THE CHASE, NEWHALL

- Four Bedrooms
- Two Receptions
- Stunning Home
- Garage & Parking
- End Terrace
- Two Bathrooms
- Kitchen/Bkfst Room
- EPC Rating: C

£450,000



TICKENHALL DRIVE, CHURCH LANGLEY

- Four Bedrooms
- Kitchen/Diner
- Popular Location
- Garage & Driveway
- Detached Home
- En-Suite Shower
- Westerly Garden
- EPC Rating: D

£434,995



NEW

SOLD MORE NEEDED

CHAPEL FIELDS, HARLOW

- Three Bedrooms
- Immaculate Home
- Garage & Driveway
- Chain Free
- Semi Detached House
- Southerly Garden
- Two Receptions
- EPC Rating: TBC

£399,995



DENBY GRANGE, CHURCH LANGLEY

- Three Bedrooms
- Two Receptions
- En-Suite Shower Room
- Chain Free
- Detached House
- Garage & Driveway
- Popular Location
- EPC Rating: D

£374,995



MULBERRY GREEN, OLD HARLOW

- Two Bedrooms
- Modern Kitchen
- Open Plan Living
- Parking Area
- End Of Terrace
- Pretty Cottage
- Private Location
- EPC Rating: B

£374,995



MALKIN DRIVE, CHURCH LANGLEY

- Three Bedrooms
- Garage & Driveway
- Immaculate Home
- Kitchen/Diner
- Semi Detached
- Popular Location
- Ensuite To Master
- EPC Rating: TBC

£365,000

t: 01279 216216

e: info@rjestateagents.co.uk



WHARLEY HOOK, HARLOW £274,995

- Three Bedrooms
- Lounge/Diner
- Ground Floor W.C
- Close To Amenities
- Terraced Home
- Popular Location
- Southerly Garden
- EPC Rating: TBC



LITTLE PYNCHONS, HARLOW £250,000

- Two Double Bedrooms
- Lounge/Diner
- Outbuilding
- Close To Bush Fair
- Middle Terrace
- Overlooking Green
- Popular Location
- EPC Rating: TBC



ALBERT GARDENS, CHURCH LANGLEY

- Three Bedrooms
- Kitchen/Diner
- Cloakroom W.C
- Double Driveway
- Semi Detached
- Conservatory
- Popular Location
- EPC Rating: D

£332,500



LATTON GREEN, HARLOW

- Three Bedrooms
- Driveway
- Two Receptions
- CHAIN FREE
- Semi Detached
- Popular Location
- Potential To Extend (STPP)
- EPC Rating: TBC

£329,995



KEEFIELD, HARLOW

- Three Bedrooms
- Garage & Driveway
- Desirable Location
- Kitchen/Diner
- Semi Detached Home
- Southerly Garden
- Quiet Cul-De-Sac
- EPC Rating: TBC

£325,000



RUNDELLS, HARLOW

- Three Bedrooms
- Driveway
- Well Presented
- Chain Free
- Middle Terrace
- Two Receptions
- Popular Location
- EPC Rating: TBC

£309,995



WOODING GROVE, HARLOW

- Three Bedrooms
- Kitchen/Diner
- CHAIN FREE
- Current HMO
- Semi Detached
- 40ft Garden
- Close To Town
- EPC Rating: TBC

£295,000



MALKIN DRIVE, CHURCH LANGLEY

- Two Bedrooms
- Kitchen/Diner
- Cloakroom/WC
- Garage & Parking
- Terraced House
- En-Suite Shower
- Popular Location
- EPC Rating: C

£290,000



MARKWELL WOOD, HARLOW

- Two Bedrooms
- Kitchen/Diner
- Modern Bathroom
- Allocated Parking
- End Of Terrace
- South/West Facing Garden
- Popular Location
- EPC Rating: TBC

£284,995



SOLD STC

MORE NEEDED

SYCAMORE FIELD, HARLOW

- Three Bedrooms
- Kitchen/Diner
- Cloakroom/WC
- Outskirts Of Town
- Terraced House
- Westerly Garden
- Popular Location
- EPC Rating: C

£279,995



BARN MEAD, HARLOW

- Three Bedrooms
- Lounge/Diner
- Ground Floor WC
- Chain Free
- Middle Terrace
- Westerly Garden
- Popular Location
- EPC Rating: D

£279,995



DOULTON CLOSE, CHURCH LANGLEY

- Two Bedrooms
- Kitchen/Diner
- Two Parking Spaces
- Quiet Cul-De-Sac
- Middle Terrace
- Popular Location
- Fitted Wardrobes
- EPC Rating: TBC

£274,995



THE HOO, OLD HARLOW

- Two Double Bedrooms
- Potential For Driveway
- Two Receptions
- Chain Free
- Semi Detached
- Conservatory
- Popular Location
- EPC Rating: TBC

£265,000



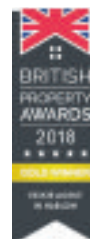
DAVENPORT, CHURCH LANGLEY

- Two Bedroom
- Kitchen/Diner
- Modern Bathroom
- Own Parking
- Terraced Home
- Landscaped Garden
- CHAIN FREE
- EPC Rating: C

£265,000

REYLAND JOHNSON RJ

ESTATE AGENTS - SALES & LETTINGS



NEW



ABBOTSWELD, HARLOW

£250,000

- Two Double Bedrooms
- Lounge/Diner
- South Westerly Garden
- Chain Free
- Middle Terrace
- Modern Fitted Kitchen
- Popular Location
- EPC Rating: TBC



NEW



REGENCY COURT, HARLOW

£140,000

- One Bedroom
- Lounge/Diner
- Communal Garden
- Chain Free
- Ground Floor
- Apartment
- Residents Parking
- EPC Rating: D



LONG BANKS, HARLOW

£254,995

- Two Bedrooms
- Kitchen/Brist Room
- Well Presented
- Separate Bath & W.C
- End Of Terrace
- Cul-De-Sac Location
- uPVC Glazing
- EPC Rating: TBC



MILWARDS, HARLOW

£249,995

- Three Bedrooms
- Kitchen/Diner
- Cloakroom/WC
- Chain Free
- Terraced House
- Ideal Investment
- Potential To Improve
- EPC Rating: C



RADBURN CLOSE, HARLOW

£249,995

- Two Bedrooms
- Modern Bathroom
- Kitchen/Breakfast Room
- Close To Common
- End Of Terrace
- Corner Garden
- Popular Location
- EPC Rating: C



LOWER MEADOW, HARLOW

£245,000

- Four Bedrooms
- Lounge/Diner
- Ground Floor WC
- Chain Free
- End Terrace House
- Popular Location
- Ideal Investment
- EPC Rating: TBC



SPRUCE HILL, HARLOW

£239,995

- Two Bedrooms
- Lounge/Diner
- Cul-De-Sac Location
- Modern Bathroom
- Terraced House
- Close To Common
- Southerly Garden
- EPC Rating: D



PRIORY COURT, HARLOW

£229,995

- Two Bedrooms
- Lounge/Diner
- Balcony
- Garage En-Bloc
- Private Apartment
- First Floor
- Modern Kitchen
- EPC Rating: C



PRIORY COURT, HARLOW

£219,995

- Two Bedrooms
- Lounge/Diner
- Balcony
- Garage En-Bloc
- Private Apartment
- Top Floor
- Well Presented
- EPC Rating: TBC



COALPORT CLOSE, CHURCH LANGLEY

£215,000

- Two Bedrooms
- Allocated Parking
- Lounge/Diner
- First Floor
- Apartment
- Popular Location
- Communal Garden
- EPC Rating: TBC



ALEXANDRA ROAD, HARLOW

£214,995

- Two Bedrooms
- Allocated Parking
- Open Plan Kitchen/Diner
- First Floor
- Apartment
- Popular Location
- Large Loft
- EPC Rating: TBC



MILESTONE ROAD, NEWHALL

£214,995

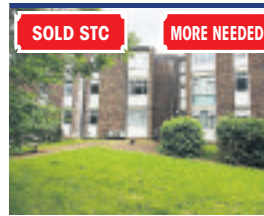
- Two Bedrooms
- Allocated Parking
- Open Plan Living
- Chain Free
- Ground Floor Apartment
- Popular Location
- Intercom Entry System
- EPC Rating: C



RED WILLOW, HARLOW

£194,995

- Two Bedrooms
- Well Presented
- Lounge/Diner
- Juliette Balcony
- First Floor Apartment
- Fitted Wardrobes
- Popular Location
- EPC Rating: TBC



SOLD STC

MORE NEEDED

PETERSWOOD, HARLOW

£159,995

- One Bedroom
- Lounge/Diner
- Immaculate
- CHAIN FREE
- First Floor
- Apartment
- Communal Gardens
- EPC Rating: D

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e: info@rjestateagents.co.uk



TO LET

NEW



WAYSIDE FARM, HARLOW £2,500 P.C.M

- Five Bedrooms
- Double Garage & Driveway
- Immaculate Throughout
- Available June 2018
- Fantastic Detached Home
- Overlooking Harlow Common
- Unfurnished
- EPC Rating: TBC



TO LET

NEW



MARKWELL WOOD, HARLOW £1,050 P.C.M

- Two Bedrooms
- Kitchen/Breakfast Room
- Unfurnished
- Allocated Parking
- Terraced Home
- Outskirts Of Town
- Available Mid August
- EPC Rating: D



TO LET

Langdale Street, Newhall £1,750 P.C.M

- Four Bedrooms
- Double Driveway
- Open Plan Living
- Available September 2018
- Detached House
- Popular Location
- Unfurnished
- EPC Rating: TBC



TO LET

NEW

Hornbeams, Harlow £995 P.C.M

- Two Bedrooms
- Close To Station
- Unfurnished
- Available End of August
- Terraced Home
- Lounge/Diner
- Recently Decorated
- EPC Rating: TBC



TO LET

Dadswood, Harlow £850 P.C.M

- Two Bedrooms
- Lounge/Diner
- Recently Redecorated
- Available Now
- Apartment
- Top Floor
- Unfurnished
- EPC Rating: C



LET AGREED

MORE NEEDED

UPPER PARK, HARLOW

- Four Bedrooms
- Driveway
- Modern Kitchen/Diner
- AVAILABLE NOW
- Semi Detached
- Unfurnished
- Close To Hospital
- EPC Rating: TBC

£1,595 P.C.M



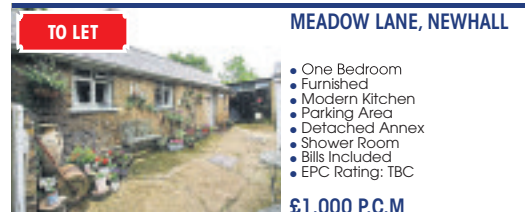
LET AGREED

MORE NEEDED

ABBEYDALE CLOSE, CHURCH LANGLEY

- Three Bedrooms
- Garage & Driveway
- Immaculate Home
- Unfurnished
- End Terrace
- Available NOW
- Ground Floor WC
- EPC Rating: C

£1350 P.C.M



TO LET

MEADOW LANE, NEWHALL

- One Bedroom
- Furnished
- Modern Kitchen
- Parking Area
- Detached Annex
- Shower Room
- Bills Included
- EPC Rating: TBC

£1,000 P.C.M



Ben Johnson



James Reyland



Sonny Montalto



Francesca Fincham



Harriett Jackson



Natasha Demetriou



Dean Wedge

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GUARDIAN

Residential Lettings



Guardian are delighted to offer this one bedroom, top floor flat in Nicholls Field. Additional benefits are gas heating and is close to shops and amenities. EPC - D. Available early August.

£670 PCM

Nicholls Field



Guardian are delighted to offer this one bedroom top floor flat on the outskirts of town in Church End. This property benefits from gas heating, spacious living throughout and is priced to let! EPC - C. Available early September.

£675 PCM

Church End



Guardian are delighted to offer this third floor, one bedroom flat in Conyers. This property benefits from gas heating, neutral decor throughout and is close to local shops and amenities. EPC - D. Available mid August.

£690 PCM

Conyers



Guardian Residential are delighted to offer this large one bedroom top floor flat in the Stewards area of Harlow. This property benefits from large living space throughout, kitchen goods and gas heating. EPC - C. Available early August.

£725 PCM

Peterswood



Guardian are delighted to offer this modern one bedroom flat in Sherards Orchard, Harlow. This property benefits from gas heating, large bedroom and is close to shops and amenities. EPC - D. Available late August.

£750 PCM

Sherards Orchard



Guardian are delighted to offer this spacious two bedroom top floor flat that is in close proximity to the shops and amenities of staple Tye. The property benefits from double bedrooms, new double glazed windows and a new gas heating system. EPC - E. Available early August.

£825 PCM

Shawbridge



Guardian Residential are delighted to offer this large two bedroom ground floor flat in Radburn Close. This property benefits from a balcony/terrace, allocated parking, gas heating and is close to local shops and amenities. EPC - D. Available NOW!

£875 PCM

Radburn Close



Guardian are pleased to offer this two bedroom flat within walking distance to Harlow town, Station and PAH hospital. Part furnished with kitchen goods and benefiting from gas heating. EPC - C. Available late July.

£875 PCM

Morley Grove



Guardian are delighted to offer this two bedroom flat in the popular area of Old Harlow. Modern fitted kitchen and bathroom and neutral decor throughout. EPC - D. Available early September.

£875 PCM

Jocelyns



Guardian are delighted to offer this two bedroom ground floor flat in the Lower Sheering area of Sawbridgeworth. Benefits include secure entry telephone system, large master bedroom, beautiful fitted kitchen with integrated appliances and patio doors opening on to patio area. An ideal home for a professional couple. EPC - D. Available early September.

£900 PCM

The Meadows



Guardian Residential are delighted to offer this well presented two bedroom flat in Mill court, located at a stones throw from Harlow Town Train station and town center amenities. EPC - C. Available NOW!

£900 PCM

Mill Court



Guardian are delighted to offer this two bedroom maisonette close to Harlow town centre. Just a short walk from Harlow station, shops and amenities. This property benefits from gas heating and private outdoor balcony space plus private parking. EPC - C Available early late July

£910 PCM

Netteswell Orchard



Guardian are delighted to offer this well presented three bedroom home in Potter Street, located just next to the M11 round about. This property benefits from a downstairs w/c, gas heating, large living space throughout and is close to local shops and amenities. Includes oven/hob, fridge/freezer and a washing machine. EPC - D. Available Now.

£1085 PCM

Potter Street



Guardian are pleased to offer for rent this three bedroom mid terraced house in the Sumners area of Harlow. This property benefits from gas heating, spacious living throughout and is priced to let! EPC - D. Available mid July.

£1100 PCM

Taylifers



Guardian Residential are delighted to offer this immaculate, fully furnished accommodation within walking distance of Princess Alexandra Hospital. EPC - B. Available NOW.

£1350 PCM

Bowhill Way



Guardian are delighted to offer this three bedroom house in the desirable area of Theydon Bois, a short walk to central line tube station. An ideal family home. Property comprising entrance hallway, downstairs WC, kitchen, lounge, three bedrooms and family bathroom. Benefits include garage, rear garden and gas central heating. EPC - D. Available early NOW!

£1575 PCM

Theydon Bois

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Unique 2018 market? - Ask

GUARDIAN

Residential Sales



Great Location
Investors Only - Guardian are delighted to present a well presented studio flat in the heart of Town Centre, close to transport links (bus and train station) local amenities. SOUGHT-AFTER private area, perfect for investors! EPC: E

£129,500

Amberry Court, Harlow



Guardian are delighted to offer this Sixth floor flat with a view! Ideal investment or first time buy. This flat has just had a new kitchen and Vaillant combi boiler installed, has a good sized double bedroom, bathroom with electric shower and lounge big enough for a dining room table.

£140,000

Waterhouse Moor, Harlow



Guardian are delighted to offer an immaculate one bedroom flat with LEASE BEING EXTENDED TO 180 YEARS. Larger Dads Wood layout, brand new electric shower, fully tiled bathroom, permit parking. Great first time buy or investment opportunity! EPC: C

£169,995

Dadswood, Harlow



Investment Opportunity
Perfect investment or first time buy! Guardian are delighted to offer you this one bedroom flat in the quiet area of Markwell Wood. The flat is situated on the south side of Harlow with easy reach to Epping should you require it. EPC: D

£169,999

Markwell Wood, Harlow



Guardian are delighted to present a larger than average two bedroom split level maisonette with private front fully patio garden. Two large double bedrooms, large lounge and kitchen. Walking distance to local shops, amenities and transport links EPC: E

£186,999

Long House, Harlow



New Instruction
Guardian are delighted to present this well presented three bedroom maisonette located in the town centre. Walking distance to Princess Alexandra Hospital, transport routes and close to local amenities and schools. EPC: D

£225,000

Hare Street Springs, Harlow



Ground Floor
GROUND FLOOR flat in a popular location! Benefiting from a new modern fitted KITCHEN and a fully tiled BATHROOM upon completion makes this ground floor flat a great first time buy, or if you are looking to downsize. EPC: D

£225,000

Coalport Close, Church Langley



Price Reduction
Ideally located for easy access to the M11 junction, two bedroom terraced property in the popular Potter Street area of Harlow. The property boasts two large double bedrooms, a modern fitted galley kitchen and large through lounge. EPC: C

£244,995

Pottersfield, Harlow



Guardian are delighted to present a three bedroom mid terrace house in Berecroft. Great first time buy or investment, current tenant paying £1,095.00 pcm. Double glazing, gas central heating. Downstairs WC and three good sized bedrooms. EPC: C

£239,999

Berecroft, Harlow



Guardian are delighted to offer this 3 double bedroom well proportioned family home with garage. The property is in need of refurbishment, but is marketed with this in mind. Features include a recently replaced boiler and private Garage whilst the accommodation comprises 3 double bedrooms

£259,950

Brockles Mead, Harlow



Private Area
Guardian are delighted to present a two bedroom house in the rarely available private area of Glan Avons Mews. Quiet cul-de-sac location, close to M11 and local amenities. Private parking and low maintenance garden. EPC: C

£269,995

Glan Avons Mews, Harlow



Located in the award winning development of New Hall, Harlow, Guardian have the privilege to present a rare opportunity to acquire a mid terrace two bedroom property. Allocated parking, two large double's and perfect for a family. EPC: C

£290,000

Alba Road, New Hall



Driveway
Guardian are delighted to offer this Ideal property, close to local schools, shops and amenities. This well presented three bedroom family home benefits from a Driveway and large rear garden. The property is in good decorative order throughout.

£305,000

Wharley Hook, Harlow



Guardian are delighted to offer this LARGE four bedroom semi-detached with drive for two/ three cars, garage and conservatory. Three reception rooms, utility room, large kitchen and three LARGE double bedrooms and a good sized single. EPC: D

£390,000

Great Plumtree, Harlow



Family Home
Guardian are delighted to offer for sale this Four / Five Bedroom detached house in the ever popular private area of Church Langley located close to the M11, local amenities and schools. The property overlooks a green in a very quiet cul de sac. EPC: D

£499,995

Wedgewood Drive, Church Langley



Guardian are delighted to present this rarely available five bedroom detached family home in desirable private area of Church Langley. Cul de sac location, converted garage, parking, summer house and many modern features. EPC: D

£575,000

Davenport, Church Langley

Our finger on the property market pulse



Hatfield Heath

Guide Price £200,000

- Three Bedrooms
- Top Floor Apartment
- Village Centre Location
- No Onward Chain

- Short Walk to Shops & Schools
- Large Kitchen & Living Room
- Modern Kitchen



Chelsea Gardens

OIEO £230,000

- Two Bedroom Apartment
- Second Floor
- Modern Fitted Kitchen & Bathroom
- Allocated Parking & Guest Space
- Close to Local Supermarket
- Chain Free
- Well Presented Throughout



Chelsea Gardens

£235,000

- Two Bedroom Flat
- Ground Floor
- Allocated Parking
- En-Suite to Bedroom One
- Popular Location
- Fitted Kitchen
- CHAIN FREE



TAYLIFERS

OIEO £137,500

- CHAIN FREE
- First Floor Flat
- Double Glazed
- Lounge 13'6 x 9'7
- Kitchen 7'9 x 5'10
- Bathroom
- Current Vendor to Refurbish Property



PYTT FIELD

£210,000

- Two Bedroom Maisonette
- Modern Fitted Kitchen & Bathroom
- Gas Central Heating
- Double Glazing
- Two Double Bedrooms
- Popular Area
- VIEWINGS FROM 10/7/18



LOWER MEADOW

£245,000

- Three Bedroom Family Home
- End of Terrace
- Through Kitchen/Diner
- Sitting Room

- Downstairs Cloakroom
- Hard Landscaped Garden
- Front of Development



WHARLEY HOOK

£275,000

- Two Double Bedroom
- Gas Central Heating
- Double Glazing
- Good Size Rear Garden
- Modern Fitted Kitchen & Bathroom
- Walking Distance to Local School
- NO ONWARD CHAIN



WOODWARDS

£289,995

- Three Bedroom Family Home
- Well Presented Throughout
- Fitted Kitchen
- Lounge Diner
- Bathroom & Separate WC
- Close to Town Centre
- Close to Schools & Amenities



OLD HARLOW

Guide price £300,000

- Two Bedroom Chalet Bungalow
- Semi-Detached
- Chain Free
- Large Garden

- Gas Central Heating
- Double Glazed
- Allocated Parking Space



GUILFORDS

OIEO £290,000

- Three Bedroom Mid Terrace
- Kitchen/Breakfast Room
- Lounge
- Double Bedrooms
- Family Bathroom
- Downstairs WC
- Close to Train Station



ASHWORTH PLACE

Guide price £315,000

- CHAIN FREE
- Two Bedroom Home
- Semi-Detached
- Off Street Parking
- Garage
- Double Glazing Throughout
- Gas Central Heating



BARN MEAD

£289,950

- Three Bedroom Family Home
- Mid Terrace
- High Spec Conservatory
- Double Glazing

- Modern Fitted Kitchen
- Bathroom & Separate WC
- Gas Central Heating
- Close to Shops & Schools



OLD HARLOW

£310,000

- Two Bedroom Cottage
- Lounge 10'11 x 14'9
- Brand New Fitted Kitchen
- Loft Room 15'9 x 9'6

- Close to Local Amenities
- Bedroom One 12'1 x 11'0
- Bedroom Two 10'7 x 5'4
- Family Bathroom



TORKILSDEN WAY Guide price £360,000

- Three Bedroom Home
- Downstairs Cloakroom
- En-Suite to Master Bedroom
- Kitchen Diner
- Lounge
- Converted Garage
- Allocated Parking



OLD HARLOW

OIEO £310,000

- Two Bedroom Cottage
- Lounge 10'11 x 14'9
- Modern Fitted Kitchen
- Loft Room 15'9 x 9'6
- Bedroom One 12'1 x 11'0
- Bedroom Two 10'7 x 5'4
- Family Bathroom



MALKIN DRIVE

£450,000

- Four Bedroom Family Home
- Downstairs Cloakroom
- Double Glazing
- Ensuite to Master Bedroom

- Garage & Drive
- Close to All Amenities
- Lounge



OLD HARLOW

£370,000

- Three Bedroom Detached Home
- Heart of Old Harlow
- No Onward Chain
- Easy Access to all Amenities
- Good Size Lounge
- En-Suite Shower Room to Master Bedroom
- Neatly Enclosed Courtyard Style Rear Garden



FINCHMOOR

£380,000

- Three Bedroom Semi detached House
- Large Lounge Diner
- Garage & Drive
- Potential to Extend (subject to planning)
- Good Size Garden
- Double Glazed
- Close to all Local Amenities



Hare Street Springs

£425,000

- Three Bedroom Family Home
- Lounge & Dining Room
- Conservatory
- Unique Property
- Single Garage & Driveway
- Two Rear Gardens
- Close to All Amenities



Greenfinch Way

OIEO £431,000

- Four Bedroom Detached Home
- Large Kitchen Diner
- Lounge
- En-Suite to Master Bedroom
- Modern Fitted Bathroom
- Downstairs Cloakroom
- Garage



NAZEING

OIEO £450,000

- Three/Four bedroom Property
- Potential for loft conversion (subject to planning)
- Parking for five vehicles
- Double Glazing & GCH
- Spacious Lounge/dining area
- Family friendly rear garden
- Two annexes in garden area offering both living ac



GREENFINCH WAY, NEWHALL

£452,995

- Four Bedroom Family Home
- Detached
- Immaculate Throughout
- Modern Fitted Kitchen

- Open Plan Living Area
- Garage & Drive
- Close to Schools & Shops
- Viewing Recommended



Sawbridgeworth

OIEO £459,950

- Three/four Bedroom Town House
- Semi-Detached
- Large Lounge 22'6 x 12'8
- Kitchen & Utility
- Bathroom & Downstairs Shower Room
- Rear Garden approx 45' in length
- Popular Location



CHURCH LANGLEY

OIRO £499,995

- Four/Five Bedroom Detached Home
- Garage Conversion
- Conservatory
- Downstairs Cloakroom
- Driveway for Multiple Vehicles
- Modern Fitted Kitchen
- Close to all Local Amenities



THE CHASE, NEWHALL

£535,000

- Large Five Bedroom End of Terrace Town House
- Clean & Tidy
- Smartly Decorated Throughout
- Sitting Room Overlooking Garden

- Downstairs Cloakroom
- Huge Lounge
- Top Floor Master Suite
- Four Further Bedrooms



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SHAWBRIDGE £1,150 PCM

- Three Bedrooms
- Gas Central Heating
- Close To Shops & Schools
- Conservatory
- No Pets
- No Smokers
- Available August 2018
- EPC Rating D
- * Admin Fees Apply



GREAT PLUMTREE £900 PCM

- Two Bedrooms
- Third Bedroom/Study/Dining Room
- Stow Location
- * Admin Fees Apply
- Gas Central Heating
- EPC Rating D
- White Goods
- Top Floor
- Available Mid July

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Bonded Client Account



BROMLEY CLOSE £900 PCM

- Two Bed Apartment
- En-Suite To Master
- Must Be Viewed
- New Carpets/Decorated
- * Admin Fees Apply
- Allocated Parking
- Available Now
- EPC Rating E



BROADFIELDS £800 PCM

- Two Bed 1st Floor Flat
- Gas Central Heating
- Next To Town
- Part Furnished
- EPC Rating D
- Available Now
- * Admin Fees Apply

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- Available Now

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- First Floor Flat
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- Close to Hospital/Town
- * Admin Fees Apply
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WHEELS

TEST DRIVE: Ford Focus ST-Line X by David Ward

A DEFINITE WINNER

AT A GLANCE

- **Model:** Ford Focus ST-Line X
- **Price:** £24,050
- **Engine:** 1.5-litre 180bhp three-cylinder Ecoboost petrol
- **Transmission:** Six-speed manual gearbox
- **Performance:** 0 to 62mph 8.3 seconds, top speed 138mph
- **Fuel Consumption:** 51.4mpg combined
- **CO2:** 124g/km
- **Insurance Group:** 21E-T1
- **Warranty:** Three years/60,000 miles
- **On Sale:** Now - first deliveries September



Yes, Ford has done it again without doubt because the all-new Focus which arrives in showrooms here next month is the best family-orientated model they have ever produced.

Make no mistake the homework done by the various Ford backroom teams on this fourth generation model has paid clear dividends and with prices generally cheaper than the outgoing versions (the entry-level £17,930 Style is £2,300 less) it's going to be a definite winner.

Based on a new platform and apart from the expected cosmetic styling changes and loads of suspension, engine and chassis tweaks underneath this new Focus has three major plus factors going in its favour.

First it has a far better ride for passengers and better driving experience for the driver, secondly it's so much quieter and more refined out on the road with improved handling and thirdly all versions have far more standard equipment on board and both the front and rear seats provide much more comfort than the old model.

In terms of those looks it's completely different from any previous Ford medium sized model with its sleek style five-door hatchback and estate bodies sitting lower on the road and overall it has a more aggressive look about it along with bags more interior space although it's only a mere 18mm longer than the outgoing model.

Key here was that engineers managed to extend the car's wheelbase by 53mm and

they used this extra width to create a roomier interior.

In terms of engines the award winning one-litre, three cylinder Ecoboost petrol engine remains with three different outputs – 84bhp, 99bhp and 123bhp – but an all-new 1.5-litre Ecoboost with either 148bhp or 180bhp. A six-speed manual gearbox is standard across the range although there is an excellent quick and smooth feeling eight-speed automatic gearbox with a Jaguar-style rotary gear selector available on the 123bhp and 148bhp petrol and the 118bhp diesel engine.

Talking of diesels there is a new 1.5-litre EcoBlue diesel engine with either 94bhp or 118bhp plus a two-litre 148bhp but Ford expects petrol powered models to be the best seller with the second up trim level Zetec the most popular. Apart from the cheapest Style and then Zetec (prices start at £19,300) trim levels moving up market there's the ST-Line (from £21,570), ST-Line X (from £24,050), Titanium (from £21,550), Titanium X (from £22,820) and topping the range the rather overpriced in my view Vignale starting from £25,450.

At the end of the day whatever model a motorist buys there's the obvious question: What's it like to drive and particularly over the outgoing model?

Driving three different versions on the media launch – first, the 1.5-litre petrol hatchback Vignale, followed by the 1.5-litre 118bhp Titanium diesel and lastly the ST-Line 180bhp petrol – one clear factor

emerges from all three is that this new Focus is better handling, has more agility yet with a much smoother ride and they are quieter too – even the diesel. The pick of the three was obviously the sportier ST-Line (tested here) because it's a real driver's car and was equally at home driving in and around busy urban traffic but came into its own out on the motorway where it cruised so efficiently.

Driving around twisty, hilly mountain roads and it excels, sticking to the road like the proverbial pot of glue.

Naturally helping here is the 10mm lower body and different suspension set up but in fairness like the other two models briefly tested this new Focus has far more agility and overall more composed than the previous version.

The ST-Line obviously has some different styling touches compared to others in the range and these include and upper and lower grille, rear spoiler and polished twin tailpipes while for the driver there's a flat-bottomed steering wheel, aluminium gear knob, alloy foot pedals and of course lots of red trim stitching around seats and the like.

As for the interiors of this new model there is a distinctive touch of the new Fiesta about it all, which in itself is not a bad thing bearing in mind it's won plaudits from all and sundry over its supermini rivals.

Standard equipment levels are high – even the entry-level Style has air conditioning, DAB digital radio, Bluetooth, emergency assist, electronic parking brake, hill start and lane-keeping aid – while obviously moving

upmarket there's far more standard kit included. Apart from the Style all other models have SYNC3 infotainment system with Android Auto, Apple Car Play using a 6.5-inch simple to use touch screen and then more expensive models have an 8-inch touch screen (as on the ST-Line driven here) and all have a nice high position, are nice and clear for the driver to see and re quick to switch between different functions too.

One first for Ford on the dearer new Focus models is a head-up display – that's a mini glass screen that pops up reflecting on to the windscreen directly in front of the driver's eyes that gives an instant read out of speed, navigation and road signs ahead.

The only decision for most Focus buyers will be which version to go for – the ST-Line with that bigger 180bhp engine would my choice – but the whole range is quite outstanding.

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12 (12)	Kia Venga '2' 1.6 Auto 5dr, Red, 12,000 Miles, Air Con, 12 Months Warranty.....	£6,250
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15 (65)	Hyundai i10 Premium 1.0 5dr, White, Only 3,000 Miles, Air Con, E/Windows, R/C/Locking, Under Hyundai Warranty Until 09/2020.....	£8,295
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14 (14)	Kia Cee'd 'GT Tech' 1.6T 5dr, Red, 18,000 Miles, Sat Nav w/ Reversing Camera, Special Alloys, Body Kit, Climate Control, Air Con, Cruise Control, Sports Seating, Rear Spoiler, Under Kia Warranty Until 06/2020.....	£12,495
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16 (16)	Kia Sportage 'GT Line' 2.0 Diesel 6-Speed, Infra-Red, 20,300 Miles, Sat Nav w/ Reversing Camera, Two Tone Leather, Cruise Control, Ice Cube Front Fogs, Reversing Sensors, Push Button Start, Climate Control, Air Con, Privacy Glass, Bluetooth, Kia Warranty Until 11/2023.....	£18,995
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18 (18)	Kia Sportage 'GT Line' 1.6T Auto, White, Only 800 Miles, Sat Nav w/ Reversing Camera, Two Tone Leather, Cruise Control, Ice Cube Front Fogs, Reversing Sensors, Climate Control, Air Con, Privacy Glass, Bluetooth, Kia Warranty Until 05/2025.....	£24,995

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17 (17)	Kia Cee'd '2' 1.6 Diesel 5dr 6-Speed, Met Gunmetal, 10,000 Miles, Sat Nav w/ Reversing Camera, Cruise Control, Climate Control, Air Con, Privacy Glass, Bluetooth, Kia Warranty Until 07/2025.....	£16,445
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Ms Jenny Wamack only 18 not on electoral roll, unable to prove income

NOW! drives a 64 Reg Fiat 500 for only £29 per week



Bobby Howood has had only a 127 credit score

NOW! drives a 63 Reg Focus & his credit score is improving



Roy Haines Self employed builder, no pay slips NO PROBLEM!

NOW! he can do private work weekends as he's now got his own van



Mrs Hillary Downing had been turned down twice before (Not by us)

NOW! drives a 64 7 seater Zafira ONE HAPPY FAMILY!

NO APPLICATION REFUSED!

- 1 Kia Picanto 0 Cash Deposit then only **£19** per week
- 2 Vauxhall Corsa 0 Cash Deposit then only **£19** per week
- 3 Ford Fiesta 0 Cash Deposit then only **£22** per week
- 4 Peugeot 107 0 Cash Deposit then only **£22** per week
- 5 Citroen C1 0 Cash Deposit then only **£22** per week
- 6 Mazda 3 0 Cash Deposit then only **£22** per week
- 7 Vauxhall Astra 0 Cash Deposit then only **£24** per week
- 8 Ford Focus 0 Cash Deposit then only **£24** per week
- 9 Nissan Micra 0 Cash Deposit then only **£24** per week
- 10 Vauxhall Astra Coupe 0 Cash Deposit then only **£24** per week

THEN ONLY FROM £19 Per Week

- 1 Kia Magentis (Automatic) 0 Cash Deposit then only **£25** per week
- 2 Toyota Yaris 0 Cash Deposit then only **£25** per week
- 3 Suzuki Swift 0 Cash Deposit then only **£25** per week
- 4 Fiat Punto 0 Cash Deposit then only **£26** per week
- 5 Kia Venga 0 Cash Deposit then only **£27** per week
- 6 Vauxhall Zafira 0 Cash Deposit then only **£28** per week
- 7 Hyundai Tucson 0 Cash Deposit then only **£28** per week
- 8 Citroen C1 0 Cash Deposit then only **£28** per week
- 9 Volkswagen Golf 0 Cash Deposit then only **£28** per week
- 10 Kia Cee'd 0 Cash Deposit then only **£28** per week

THEN ONLY FROM £25 Per Week

- 1 Kia Cee'd (Automatic) 0 Cash Deposit then only **£29** per week
- 2 Vauxhall Corsa Active 0 Cash Deposit then only **£29** per week
- 3 Fiat 500 Lounge 0 Cash Deposit then only **£29** per week
- 4 Honda Jazz 0 Cash Deposit then only **£29** per week
- 5 Seat Leon 0 Cash Deposit then only **£33** per week
- 6 Nissan Note 0 Cash Deposit then only **£34** per week
- 7 Volkswagen Polo 0 Cash Deposit then only **£35** per week
- 8 Citroen Berlingo 0 Cash Deposit then only **£37** per week
- 9 Alfa Romeo Giulietta 0 Cash Deposit then only **£37** per week
- 10 Hyundai i20 SE 0 Cash Deposit then only **£37** per week

THEN ONLY FROM £29 Per Week

1 YEAR RAC, BREAKDOWN HOMESTART, RELAY INCLUDED ON EVERY CAR

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WHEELS

TEST DRIVE: Renault Clio Dynamique S 110 dCi by Robin Roberts

STYLE AND COMFORT



AT A GLANCE

- **Model:** Renault Clio Dynamique S 110 dCi
- **Price:** £18,925
- **Mechanical:** 110hp, 1,461cc, 4cyl diesel engine driving front wheels via 6-speed manual gearbox
- **Max Speed:** 121mph
- **0-62mph:** 11.2 seconds
- **Combined mpg:** 56.2
- **Insurance group:** 12
- **CO2 emissions:** 90g/km
- **Bik rating:** 24%
- **Warranty:** 3 years/60,000 miles

The Renault Clio was launched before the worldwide web became a part of everyday life and after 27 years it's what is now considered Edition 4.2.

It's been a part of the British motoring scene for over a generation and it keeps reinventing itself.

Successive advertising campaigns around each new series have stressed the romance of Renault and with over 1.2 million sold in Britain there is an enduring love affair for the Clio.

Our latest model is among the most popular, blending a mid-range Dynamique S package with the more powerful 110bhp turbo-diesel engine, and it had an optional Techno Pack of a Bose sound system, R-Link connectivity, sensors and camera with self-parking system which added almost £2,000 to the standard price.

In the 1.2 tonnes Clio five-

door body, the 1.5-litre diesel engine pushes out 260Nm from 1,750rpm so it pulls very well and showed good flexibility.

A momentary hesitation when moving off quickly disappeared and the power started to flow, with a long travel but light clutch and some short gearchanges you can soon pick up speed, overtake safely and when reached the cruising speed is effortless on main roads.

It did sound noisy at higher revs through the gears but with a light throttle and frequent changes to keep the turbo at its most effective the sound was more muted.

The same couldn't be said for the constant road rumbles and suspension bump thump which changed only with the conditions encountered.

The fluidity of the powertrain added to the refined appearance of the Clio, both outside and in,



and the optional Bose sound system and parking aids all combined with the sophisticated sense which came with the Clio.

Major and secondary

controls worked well and were located for easy use, I liked the gearchange and brakes, the steering had a good turning circle and feedback and the Clio always

felt surefooted and responsive.

There was a tendency to run wide on tighter turns but it was quickly and safely corrected and it stopped

sharply and held on our regular steep test slope.

Access was very good for everyone, the seats well shaped and supporting with good location for occupants and the bootspace was a useful size and almost tripled when the back seats were dropped.

Visibility was good to front and sides but when it rained the wipers seemed a bit slow on their fastest setting and the rear window was small if you needed to reverse. Lights were good, however.

For a family car the oddments room was sensible and the heating and ventilation did a good job backed up by electric front windows.

During our week with the Clio Dynamique S dCi 110 it embraced all duties and road conditions and never caused a moment's concern or discomfort. It simply got on with the job and delivered with style and in comfort.

WINTRY CARS

Est 1997 Father & Son Business

CAR OF THE WEEK



2015 (65) Nissan Quashai N-Tec Plus Dig-T 5 Door

14,000 miles, Blue, ABS, Alloy Wheels, Air Con, Parking Camera, Sat Nav, Power Steering, Cruise Control

£14,995

BARGAIN OF THE WEEK



Choice of 6 Fiestas from

£4,995

ZERO DEPOSIT FINANCE

Prestige

2009 (09) Bentley Continental, 6.0 Automatic,
Blue, Alloy Wheels, Climate Control, Cruise Control, Parking Sensors, SAT NAV, Full Leather, Heated Electric Seats, E/Windows, E/Mirrors, Remote Locking, Power Hood, CD Player, 10,000 Miles only, Stunning Example
£65,000 - £P0A per week

2016 (66) Land Rover Range Rover Sport 3.0 Automatic HSE,
Blue, Alloy Wheels, Climate Control, Bluetooth, Cruise Control, Parking Sensors, Reversing Camera, Panoramic Sunroof, SAT NAV, Full Leather, Heated electric Memory Seats, Fridge, Side Steps, Remote Control Locking, E/Windows, E/Mirrors 24,000 miles
£49,995 - £P0A per week

2015 (64) Kia Sportage 1.7 Diesel,
Blue, Alloy Wheels, Air Con, Bluetooth, Cruise Control, E/Windows, E/Mirrors, CD Player, AUX, 36,000 miles only
Sale Price £12,495 - £99 per week

2000 (W) Jaguar XKR Supercharge Automatic,
Silver, Alloy Wheels, Climate Control, Cruise Control, Leather Seats, E/Windows, E/Mirrors, Remote Locking, 69,000 Miles, Stunner
£9,995

SUV

2015 (65) Nissan Quashai 1.2,
Blue, Alloy Wheels, Air Con, SAT NAV, Front & Rear Cameras, Panoramic Roof, Cruise Control, Parking Sensors, Remote Locking, E/Windows, E/Mirrors, 14,000 Miles only,
£14,995 - £P.0A pw

2015 (64) Kia Sportage 1.7 Diesel,
Blue, Alloy Wheels, Air Con, Bluetooth, Cruise Control, E/Windows, E/Mirrors, CD Player, AUX, 36,000 miles only
Sale Price £12,495 - £99 per week

2015(15) Renault Capture 1.5 dci, Grey, Alloy Wheels, Air Con, SAT NAV, Cruise Control, Parking Sensors, Reversing Camera, Remote Locking, E/Windows, E/Mirrors, Bluetooth, 44,000 miles
£9,995 - £62 per week

2013 (63) Vauxhall Mokka 1.6 Black, Alloy Wheels, Air Con, Remote Locking, Heated leather seats, Cruise Control, Parking Sensors, Remote Locking, E/Windows, E/Mirrors, CD Player, 29,000 Miles only,
£9,995 - £62 per week

2011 (61) Nissan Quashai N-Tec
grey, panoramic roof, reversing camera, sat nav, e/windows, e/mirrors, alloys, remote locking, 49,000 miles
£8,995 - £57 per week

Hatchback

2015(15) Renault Capture 1.5 dci, Grey, Alloy Wheels, Air Con, SAT NAV, Cruise Control, Parking Sensors, Reversing Camera, Remote Locking, E/Windows, E/Mirrors, Bluetooth, 44,000 miles
£9,995 - £62 per week

2014 (14) Vauxhall zafira 1.8 grey,
alloy wheels, air co, remote locking, 7 seater, parking sensors, cruise control, E/Windows, E/Mirrors, CD Player, 29,000 Miles
£8,995 - £57 per week

2014(14) Vauxhall Zafira 1.8 Grey, Air Con, Remote Locking, Parking Sensors, E/Windows, E/Mirrors, 7 Seater, CD Player, 54,000 miles
£7,495 - £47 per week

2013(63) Renault Clio 1.5 dci, Alloy Wheels, Air Con, SAT NAV, Cruise Control, Remote Locking, Bluetooth, E/Windows, E/Mirrors, 47,000 miles
£6,995 - £45 per week

2013(63) Vauxhall Corsa 1.2 Limited Edition, Orange, Alloy Wheels, Air Con, Cruise Control, Remote Locking, E/Windows, E/Mirrors, CD Player, 54,000 miles
£5,695 - £36 per week

2013 (62) Vauxhall Corsa,
1.2 Limited Edition, Red, Black Alloys, Air Con, Remote Locking, Cruise Control, E/Windows, E/Mirrors, CD player, 32,000 miles only,
£6,495 - £41 per week

Small Cars

2015(15) Ford Fiesta 1.2 Black, Alloy Wheels, Air Con, Remote Locking, Bluetooth, E/Windows, E/Mirrors, CD Player, 21,000 miles
only £7,495 - £47 per week

2015 (15) Ford Fiesta 1.2,Gold,
Air Con, Remote Locking, E/Windows, E/Mirrors, AUX input, CD Player, 38,000 miles,
£6,995 - £45pw

2013(13) Vauxhall Adam 1.2 Red, Alloy Wheels, Air Con, Cruise Control, Bluetooth, Remote Locking, E/Windows, E/Mirrors, CD Player, 19,000 miles
only £6,795 - £42 per week

2011 (11) Mini Cooper D,1.6, Diesel
Goodwood Green, e/windows, e/mirrors, cruise control, CD player, alloys, half leather, Diesel, air con
£6,695 - £42 per week

2015 (65) Ford Fiesta 1.5 Diesel,
Air Con, Remote Locking, E/Windows, E/Mirrors, 5 Door, Aux Input, CD Player, 54,000 miles,
£6,995 - £45 pw

2013(13) Ford Fiesta 1.2 White, Alloy Wheels, Air Con, Remote Locking, E/Windows, E/Mirrors, Bluetooth, CD Player, 23,000 miles only
only £6,495 - £41 per week

2015 (15) Peugeot 208 1.0, 5 Door, Grey,
Alloy Wheels, Air Con, Bluetooth, Cruise Control, E/Windows, E/Mirrors, CD player, remote locking,m, 23,000 miles
£6,495 - £41 pw, £0 a year tax

2013 (63) Ford Fiesta 1.2 Red, Alloy Wheels,
Air Con, Remote Locking, E/Windows, E/Mirrors, Bluetooth, Aux Input, CD Player, 38,000 Miles,
£6,495 - £41 pw

2014 (14) Vauxhall Corsa, 1.2,
3 door, Red, Alloy Wheels, Air Con, Heated half leather seats, heated steering wheel remote locking, E/Windows, E/Mirrors, CD Player, AUX input, 27,000 Miles only, One owner
Sale Price £5,995 - £38 per week

2013(63) Vauxhall Corsa 1.2 Limited Edition, Orange, Alloy Wheels, Air Con, Cruise Control, Remote Locking, E/Windows, E/Mirrors, CD Player, 54,000 miles
£5,695 - £36 per week

2013 (63) Peugeot 107 1.0 Blue,
Air Con, Central locking, E/Windows, CD Player, 14,000 miles only, £0 a year tax
£5,395 - £35 pw

2010 Citroen DS3 1.6 Blue, Alloy Wheels, Air Con, Remote Locking, E/Windows, E/Mirrors, Parking Sensors, 23,000 miles
£4,995 - £30 per week

2012 Chevrolet Spark Lt 5dr,
White, 1.2 Petrol, ABS, Multiple Airbags, Power Steering, Air Conditioning, Electric Windows, Electric Mirrors, Remote Central Locking, CD Player, AUX Input, 35,000 miles
£4,495 - £27 pw

Convertibles

2009 (09) Bentley Continental, 6.0 Automatic,
Blue, Alloy Wheels, Climate Control, Cruise Control, Parking Sensors, SAT NAV, Full Leather, Heated Electric Seats, E/Windows, E/Mirrors, Remote Locking, Power Hood, CD Player, 10,000 Miles only, Stunning Example
£65,000 - £P0A per week

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£7000

4NNX
£2500

BIL5 07
£2500

4F5Y
£3000

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One Lady owner, Good
Runner, 4 Door, E/W, P/S,
12 Months MOT,
Only 57k
£550
07553 816729 (T)

Fiat



FIAT PUNTO ACTIVE SPORT 1.2 8V

24,000 miles, 2004, red, 3dr
man, MOT May 2019, alloys,
CD, C/L, airbags, E/W, PAS.
Some faded paint. Orpington
£1,195 ono
Tel: 07884 345009

FORD FOCUS GHIA 1.8ltr,
2007 - Blue, 5 Door Hatchback,
103000 mls, VGC, 4 mths mot,
FSH, ABS, A/C, alarm, immob,
alloys, CD, C/L, airbag, E/W,
PAS, sat nav £1,795 ovno 07519
179115



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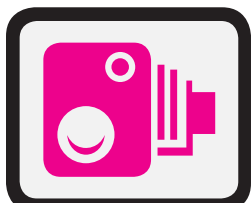
Honda



HONDA CIVIC SE i-CTDI

2.2ltr, 2007, Grey, 5 Door
Hatchback, 76000 mls, VGC,
12 mths mot, FSH, ABS, A/C,
alarm, immob, alloys, CD,
C/L, airbag, E/W, PAS
I have owned car 10 years,
corresponding service
history. Honda diesel
engine, economic, quick
and clean. Cheap car tax
and eco emissions.
£1,625 ovno
Tel: 07733 435923

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Kia

KIA PICANTO SE



1.1ltr, 2004, Blue, 5 Door Hatchback, 79400 mls, excellent
condition. 9 mths mot, Service History, lovingly cherished
and maintained by young lady owner. Air Conditioning,
immob, alloys, CD, C/L, airbag, E/W, pascar was purchased
as first vehicle and now reluctantly being sold due to family
changes. Any inspection welcome. No time wasters please

£1,095

01622 870147 or 07515 159821

KIA CARENS LE CRDI AUTO

2ltr, October 2004, Blue,
Mpv, diesel, 77,700 miles,
mot October 21st 2018.

£800

Tel: 07785 533841

Land Rover

LAND ROVER DEFENDER 90 2.4ltr,
2011, White, Hard Top, 83300 mls,
VGC, 12 mths mot, S/S/H, A/C,
alarm, CD, C/L, E/W, PAS, snorkel,
winchsealed bids to reach us by
31/07/18 addressed to Nick Kirby,
East Herts District Council,
Wallfields, Pegs Lane, Hertford,
SG13 8EQ £19,000 ono 01992
531689

Mercedes Benz

2000 W REG MERCEDES VITO CAMPER VAN 2.2

Turbo diesel in white, Pop up roof,
4 Captain seats, 2 berth,
Sink / 2 ring burner, 12 Volt - 240 Volt
Hook up, Roof lights, Hook up cables,
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Alarm / immobiliser
£2,800
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Mercedes Benz

MERCEDES-BENZ S350 BLUEEFFIC L CDI A

3.5ltr, 2010, Silver, 4 Door
Saloon, immac cond, 12
mths mot, FDSH, ABS,
A/C, alarm, immob, alloys,
CD, C/L, airbag, E/M, E/W,
h/seats, PAS, sat nav,
panaromic S/Roof, tv
screens in front and back.
Excellent condition.

£11,995 ono

07468 562929
or 07767 203033

Porsche



PORSCHE 928 S SERIES 4 AUTO

5ltr, Petrol, 1989, Automatic,
Red, 2 doors, 87,000 mls,
excellent condition, New
MOT, cream leather interior,
Full Service History.

£17,800 ono

Tel: 07483 272938

Vauxhall

VAUXHALL ZAFIRA CLUB 16V
1.8ltr, 2003, Black, Mpv, good cond.
2 mths mot, S/S/H, A/C, alarm,
immob, CD, C/L, airbag, E/M, E/W,
PAS £850 ono 01279 832315

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MOPED 2015**

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£1,700 ovno

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Accessories & Spares**

MOTORCYCLE OIL FILTER
 CHAMPION MODEL COF203 (F304
 — F306). This was bought for my
 2000 model Honda CB500 but I
 sold it before I fitted the filter. I
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 will need to check your manuals or
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 7 years old, 3 bedrooms, fully furnished.
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2000

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ESCORT / Focus Vehicle Jack, Ford
 original equipment for either model of
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**FORD ESCORT / ORION Rear
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 231002

**FORD ESCORT Windscreen Wiper
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 wards. In good condition £10 ono
 Tel: 01702 231002

**Get on your
bike**



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FORD ESCORT BRAKE PADS, Will
 fit from M registration. Brand new still
 in original packaging £10 ono Tel:
 01702 231002

HONDA JAZZ rigid boot liner for
 spare wheel space, as new, bargain
 £20 Tel: 01277 662018

OIL FILTER MADE BY CROSLAND
 L10271US. This was bought for my
 2010 Suzuki Grand Vitara which
 had the Renault 1.9 Diesel engine. I
 believe it will fit other Renaults,
 some Fords, Volvos and Mazdas.
 You will need to check your manual
 or online to see if it fits your car.
 Other equivalent part numbers are
 Bosch 0451 103 336, Mann W75/3,
 Hengst H11W02 and Mahle OC467.
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Caravans

BONAIR
TRAILER TENT

Bonair Trailer Tent BA1000
 6 Berth, Cooker & Fridge,
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 have just been cleaned, well
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 but just needs a little TLC

£300.00 ovno

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PEUGEOT 206 DRIVERS DOOR, suit-
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 condition £40 ono Tel: 01702 231002

**RETRACTABLE CARGO COVER/Parcel
 Shelf** for a Mazda 5 Sport in very
 good condition £45 ovno Tel: 01277
 652018

ROOF BARS G3 lockable. Fit Ford
 Kuga with raised roof rails. Cost
 £85 new and hardly used £30 Tel:
 01245 381108

WICKER BASKET Suitable for picnics/
 hamper/storage box would suit vintage
 sports car. Width 19" Length 15"
 Height 12" comes with Cool Bag all
 as new £25 Tel: 01245 699390 or
 07831666628

**WORKSHOP MANUAL FOR
 SUZUKI GRAND VITARA** on disc.
 Covers JB416, JB420, JB627
 (1600cc, 2000cc and 2.7 litre)
 petrol models and JB419 (1900cc)
 model with the F9Q diesel engine
 from 2005 to 2009. £6 01438
 318734

In Car Entertainment

FORD 5000 RDS RADIO and Cas-
 sette player, will fit Escort, Fiesta and
 Focus, in good condition with code
 £40 ono Tel: 01702 231002

Trailers & Towbars

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 Required for September 2018

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Instrumental teachers at the School are self-employed, they invoice the parents direct and must comply with the St Cedd's School regulatory policies and protocols.

The Application Form can be downloaded from the School website: www.stcedds.org.uk

Employees of St Cedd's School have a responsibility for, and must be committed to, safeguarding and promoting the welfare of children and young people and for ensuring that they are protected from harm. Appointment is subject to satisfactory references and DBS and Barring List checks.

Closing Date: 12 noon 13/7/18

Interviews: To be arranged with the candidates (including a lesson observation with one of the School's current guitar pupils)



178a New London Road, Chelmsford, Essex, CM2 0AR
 Required for September 2018

AFTER-SCHOOL CARE ASSISTANT

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The hourly rate of pay is in line with the national living wage and paid on the 28th of each month.

You could work any combination of days, from one day to a five-day week.

The Application Form/Job Description are available at the School website: www.stcedds.org.uk

Employees of St Cedd's School have a responsibility for, and must be committed to, safeguarding and promoting the welfare of children and young people and for ensuring that they are protected from harm. Appointment is subject to satisfactory references and a DBS and Barring List check.

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*** VINTAGE HI-FI WANTED ***

Record Players: Garrard Models 301 or 401, Thorens TD 124 or 125, Linn LP12, Voyd or EMT 927 / 930. Transcriptors, or Townshend

Speakers - Large Old: Tannoy, Westrex, Western Electric, Lowther or Vitavox (pre 1960 cinema speakers) or Small Rodgers, Chartwell monitor speakers.

Valve Amplifiers: Quad, Radford, Leak, Westrex or Western Electric. Solid state: Quad, meridian or Lecson

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PUBLIC NOTICE OF APPLICATIONS
The following applications have been received by Harlow District Council. These applications and others received can be inspected online at www.harlow.gov.uk or at Harlow Council Planning Services, Civic Centre, The Water Gardens, Harlow, Essex CM20 1WG on Monday-Friday, 9am-4.45pm. If you are unable to view the plans during these times, please telephone Planning Services on 01279 446856 where a suitable appointment can be made with the relevant case officer.
Anyone who wishes to make representations about these applications should write to the Council at the above address within 21 days of the date of this notice.
Application No HW/HSE/18/00292 **Ward:** Old Harlow
Application Type Householder Application
Location 7 Mulberry Gardens, Mulberry Green, Harlow, Essex
Single-storey rear extension.
Reason for Advert Conservation Area
Application No HW/TP/18/10039 **Ward:** Mark Hall
Application Type Works to Trees in a Conservation Area
Location 22 Stackfield, Harlow, Essex CM20 2LA
T1 - purple plum - fell and poison stump.
Reason for Advert Tree Works within a Conservation Area
Harlow Star Publication 12 July 2018

Public Notices
Good Vehicle Operator's Licence
Harun Sherzadeh Trading as UK Grocery Suppliers Limited of Unit 25 - 26 Burnt Mill, Elizabeth Way Harlow, Essex, CM20 0HU is applying for a licence to use Unit 25 - 26 Burnt Mill, Elizabeth Way, Harlow, Essex, CM20 2HU as an operating centre for 5 goods vehicles.
UK Grocery Suppliers Limited
Unit 25 - 26 Burnt Mill, Elizabeth Way Harlow, Essex, CM20 2HU
Tel: 01279 777 888
E-mail: info@ukgrocerysuppliers.co.uk
Web: www.ukgrocerysuppliers.co.uk

PRESS NOTICE LICENSING ACT 2003
NOTICE IS HEREBY GIVEN that I George Reynolds give notice that I have applied to Harlow District Council as Licensing Authority for the variation of the Premises Licence in respect of Fine wines and spirits Ltd, 10 High Street, Harlow, CM17 0DW. The application is to The variation seeks to amend license to allow the sale and consumption of alcohol and foodstuffs on the premises and on the area in front of the premises.
An interested party or responsible authority wishing to make representations to this application may do so by writing to Licensing Authority, Harlow District Council, Civic Centre, The Water Gardens, Harlow, Essex, CM20 1WG, not later than 27th July 2018.
Representations are public documents under the Data Protection Act. A copy of the application can be viewed at the Licensing Authority's address during normal office hours. It is an offence knowingly or recklessly to make a false statement in connection with this application, the maximum fine on summary conviction being £5,000.
George Reynolds 4th July 2018

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Public Notices
Essex County Council
(London Road, Harlow) (Restricted Road & 40MPH Speed Limit) Order 201*
Speed Table – A414 Link/Proposed Spine Road and London Road, Harlow

Notice is hereby given that the Essex County Council proposes to make the above Order under Sections 81, 82(2), 83(2), 84(1) and (2), and Parts III & IV of Schedule 9 to the Road Traffic Regulation Act 1984.

Effect of the order: To revoke the existing 40MPH speed limit and replace with Restricted Road restriction (30MPH by virtue of street lighting) on the following length of London Road, in the Town of Harlow in the District of Harlow as specified:

Road	Description
London Road, Harlow	From a point approximately 5 metres north from the roundabout at its junction with The Chase, in a northerly direction for a distance of approximately 780 metres.

The District of Harlow (Various Roads) (50mph, 40mph Speed Limit) Order 2004 is hereby revoked in so far as it relates to 40MPH on London Road only. All other restrictions will remain in force.

Notice is hereby given under Section S90C of the Highways Act 1980 that Essex County Council intends to construct the following Speed Table under Section 90A of the Highways Act 1980 on the following length of A414 Link/Proposed Spine Road and London Road in the District of Harlow:

Speed Table – 75 millimetres high, the lengths below includes 2 metre ramps on either side	Distance/Location
Road	
A414 Link/Proposed Spine Road, Harlow	The speed table will be located approximately 20 metres west of the south side give way lines of the proposed junction with London Road in an easterly direction for a distance of approximately 50 metres.
London Road, Harlow	The speed table will be located approximately 15 metres north of the north side give way lines of the proposed junction with A414 Link/Proposed Spine Road in a southerly direction for a distance of approximately 41 metres.

There will be an additional 4 build-outs constructed on London Road, between the roundabout junction with The Chase, and the roundabout junction with Gilden Way.

Further details: A plan illustrating the proposal, a copy of this notice and a Statement of Reasons may be examined at all reasonable hours at proposal should send the grounds for their objection in writing to TRO Comments, Network Assurance, A2 Annexe, Seax House, Victoria Road South, Chelmsford; Harlow District Council, Civic Centre, The Water Gardens, Harlow and at Harlow Library, The High, Harlow. These documents are also available via the Essex Highways website: <http://www.essexhighways.org/Transport-and-Roads/Highway-Schemes-and-Developments/Traffic-Regulation-Orders.aspx>

Objections & Representations: Anyone who wishes to object to the proposed Speed Limit Order or make representations to the proposed Speed Table should send the grounds for their objection/representation in writing to TRO Comments, Network Assurance, A2 Annexe Seax House County Hall, Victoria Road South, Chelmsford, Essex, CM1 1QH or e-mail to TrafficRegulation.Order@essexhighways.org quoting reference TRAF/6653, by 3 August 2018.

Dated: 12 July 2018
Essex County Council, Network Assurance, A2 Annexe, Seax House, Victoria Road South, Chelmsford, Essex CM1 1QH
Telephone: 0345 603 7631
Website: www.essex.gov.uk/highways

(Various Roads, District of Harlow) (Temporary Prohibition of Traffic & Clearway) (No.4) Order 2018

Notice is hereby given that the Essex County Council has made the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

- Effect of the order:**
- To temporarily close the various lengths of road in the Harlow District as specified in the schedule to this Order.
 - A temporary 'No Stopping' restriction will be introduced on both sides of carriageway on the above lengths of roads for the duration of the closure to facilitate the works. Signs will be installed indicating when the No Stopping restriction will be in force.

"The District of Harlow (On Street) (Waiting, Loading and Parking) (Consolidation) Order 2011" will be temporarily amended to include the temporary 'No Stopping at Any Time' restriction and suspend any existing parking and waiting restrictions on the above lengths of roads only. All other restrictions and exemptions contained in the aforementioned Order and Amendments to that Order shall remain in force.

The works being undertaken will take place within an 18-month period from 5th July 2018 exact dates will be specified on <http://roadworks.org/>. The roads will be closed to facilitate each phase and then re-opened to the public. Access will be maintained for emergency services. Diversion routes will be signed at each location and residents will be informed of the dates of each phase via letter / leaflet drop and advanced warning signs on the road.

For all enquiries please contact our Contact Centre on 0345 603 7631.

The Order came into effect on 5th July 2018 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

Dated: 12th July 2018

Location	Extents	Schedule	Diversion
Description			
A414 Middle section, Harlow	Approx 190m South of Second Avenue RAB to approximately 340m North A414 Southern Town Boundary and Harlow Mill RAB		A414, second Avenue, A1025, Third Avenue, Katherines Way, Southern Avenue

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Couple complete gruelling Ironman

Bike crash in training fails to knock Faith off her stride

A COUPLE from Harlow have completed one of the toughest endurance events in sport, an Ironman.

Paul Lee and Faith Jackson-Lee took on the event, which consists of a 2.4mile swim, 112 mile bike and then 26.2 mile run, for the first time in Roth, Germany.

Faith, aged 41, completed the Ironman in 11hrs 47min 07sec – her individual splits were 59:34 for the swim, 6:37:44 for the bike and 4:01:53 for the marathon, while Paul's overall time was 11:28:17 (1:18:40, 5:37:46 and 4:23:06).

"We trained for an average of 14 hours a week over seven months in the lead up to the race," said 43-year-old Paul.

"Over 3400 individual people take part in the event, the race is in its 35th year and an icon on the full Ironman distance circuit.

"We took up the sport in 2014, starting off with short distance triathlon, then working our way up to standard distance, half Ironman and finally the full Ironman distance.

"We were inspired to do an Ironman by Faith's brother, Steve, who qualified for the World Championships in October 2016 in Hawaii and we went to watch him compete.

"The atmosphere was electric and we knew we just had to do one.

"Ironman distance is the pinnacle of our sport.

"Roth was everything we could have hoped for and more with great support and amazing memories.

Faith did really well just to get on the start line as she was knocked off her bike in training just 12 weeks before the event.

Her bike was a write off and she sustained a broken finger as well as injuries to her hip, arms, neck and legs

"She had been traumatised by the accident and had to have a lot of physio and it impacted her training," explained Paul.

Despite this, Faith broke the magic one hour mark in the swim, while for Paul just completing the distance was an achievement as he only started swimming in the past four years.

"The bike leg of the event was tough because of a strong head wind," added Paul.

Goosebumps

"There were a few climbs that were lined with supporters all the way up, like on the Tour De France and that was amazing – it gives you goosebumps.

"Faith did a fantastic run leg, nearly breaking the four hour mark for the marathon.

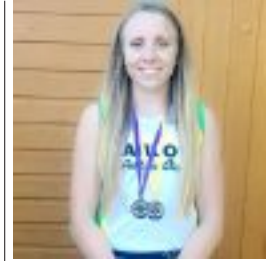
"I put a lot of effort into the bike to record a good split time but suffered a bit on the run.

"The finish line is unbelievable, you run into a stadium, full of cheering people and we will cherish the memories forever."

Faith will now be switching her attention to the aquathlon (swim/run) and aquabike (swim/bike) where she will be representing Team GB in late October in Ibiza, while Paul will be turning out for Team Ireland in the Half Ironman competition the same week.



Harlow triathletes Paul Lee and Faith Jackson-Lee



Double medal winner Beth Harryman

Harryman's golden days

HARLOW Athletics Club Beth Harryman has enjoyed success in two recent major championships.

She competed in the Eastern regional championship in Peterborough, winning gold in the U20 women's high jump and silver in the shot putt.

Harryman is a heptathlete who also competes in individual events.

She is studying A levels and also coaches a successful squad of young athletes every week.

Last weekend she competed in the East of England regional schools combined events championships in Ashford Kent.

She came an outstanding second place overall in the two day heptathlon event.

This qualified her to represent Hertfordshire schools in the English Schools Championships in September, and also helped her county qualify for the nationals as a senior women's team.

Pace hots up for runners

HARLOW Running Club members were in action at various events on a very warm weekend.

At the hilly Ware 10 Mile race, Rich Hynes finished in ninth place out of 284 finishers in an excellent 1hr 04min 07sec.

He was followed by: Martyn Coulter, 28th 1:12:53; Laura Prime 115th 1:29:42; Louise Cootes, 168th 1:38:46 and Paul Watts, 210th 1:45:39.

Meanwhile at the Felsted 10K Catherine Ridge finished in 100th place out of 412 finishers in 47:19, Colin Moody was 109th in 48:28 and John Tennant 118th in 49:03.

Martin Westley took the honours in the Harlow parkrun out of 179 finishers in a superb time of 19:12.

He was followed home by Ryan Smith in 20:04, and Alan Broughton in 20:20.

Sharon Wright was sixth and first female in 20:53.

At the Bishop's Stortford parkrun, Justin Patten finished in 89th out of 304 finishers in 26:03. Teresa Stickland was 201st in 31:30, Brenda Clayton 222nd and first female Vet 70 in 32:17 and Helen Brunton 277th in 37:36.

Champion Caitlin leads East to national title



Caitlin Ryan proudly shows off the Under-11 National Championship trophy

HARLOW basketball player Caitlin Ryan is celebrating after captaining the East Region side to victory in the Girls' Under-11 National Championship.

The ten-year-old Manor Fields School pupil led her side to five straight wins in the Sheffield tournament to win the competition for the second time in three years.

The Harlow Hawks guard was picked for the tournament after captaining Herts U11s to a silver medal in the East tournament as well as helping her county U13s win their competition.

An early start at All Saints

School saw the East team face South region in what proved to be their toughest group game, but eight points, eight steals, two rebounds and two assists from Ryan helped them to a 31-22 victory in a game where a 16-7 third period proved key.

The second game proved to be one-sided as East romped to an 84-10 win against West Midlands, Ryan finishing with 14 points, nine steals, six boards and three assists.

With a place in the semi-final secured, the East coach rested her four starters, and Ryan was able to look on as her side

defeated the North-East 63-19.

The competition intensified in the knockout stage, and East faced a North-West side.

After leading at the first two breaks, East went into the final quarter trailing 26-23, but a stunning fourth period saw some excellent defence help them to a 36-32 victory, Ryan adding seven steals to her nine points and three rebounds.

The final proved to be an absolute heart-stopper as East survived a late rally from South Yorkshire to lift the trophy with a 32-30 win.

After leading 11-8 at half-time,

East were pegged back to 17-17 going into the final break, but a pair of three point plays in the fourth quarter proved to be crucial.

A clearly tired Ryan finished with two points, two rebounds, three steals and an assist as her side became champions.

Having captained Manor Fields' basketball team to district and county titles for the first time as well as being part of their all-conquering netball team, Ryan will now join arguable the country's top girls' basketball programme at St Albans-based Oaklands College.